

## PGM – Piriformis and Gluteus Medius Strengthening Exercise



### Week 1

Lie on your side, bend the upper leg so that the foot sits on the knee and the leg sits parallel to the ground, engage the core muscles and slowly raise the knee as far as you can without the pelvis rolling, keeping the pelvic solid is the key to the exercise. Lower the knee slowly to the start position.

Repeat this 15 times on each leg every day for the week.



### Week 2

Start as week one, and when at the top of the movement extend the leg out to straight in a kicking motion keeping the upper leg still and extending only the lower leg. Return the foot to the knee of the lower leg and return the knee back to the start position.

Repeat this 15 times on each leg every day for the week.



### Week 3

Continue in the same way as weeks 1 and 2 then, when the leg is extended, lower it slowly to just above the ground. Raise the leg back up, return the foot to the knee of the lower leg and lower the knee to the start position.

Repeat this 15 times on each leg every day for the week.

### Notes

After completing this exercise for 3 weeks you can continue by making up sets of week 1 week 2 and week3 combined. Always ensure that the pelvis remains solid throughout the exercise and carry out all the movements in a slow and controlled manner, separating the motions with a very slight pause between each part will maximise the effectiveness of the exercise and prevent merging of the motions in different planes .