

5 EASY TIPS TO STAY ON TRACK FOR CITY TO BAY.



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HOW TO STOP
YOUR GLUTES
FROM KEEPING YOU
CROSSING THE FINISH LINE.



By Dr Miranda Laidlaw (Osteopath)

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Getting Ready for the City to Bay but struggling with niggling injuries?

Gluteus Medius may be your answer!

What Is Gluteus medius?

It is one of the three glute muscles surrounding the pelvis. The Gluteus Medius is a broad muscle located on the outer side of the pelvis inserting on to the Greater Trochanter (lateral bony part of the hip). This muscle helps to create pelvic stability.

How does it impact my running?

The Gluteus medius muscle acts primarily to stabilize the pelvis when in single leg stance. This helps to maintain a neutral pelvic position and prevents inwards movement (adduction) of the knee and foot pronation. When over loaded, this may cause excessive strain on the muscle/ tendon its self or lead to other biomechanical changes and compensations.

Common injuries associated with poor functioning or overloaded Gluteus Medius include but are not limited to:

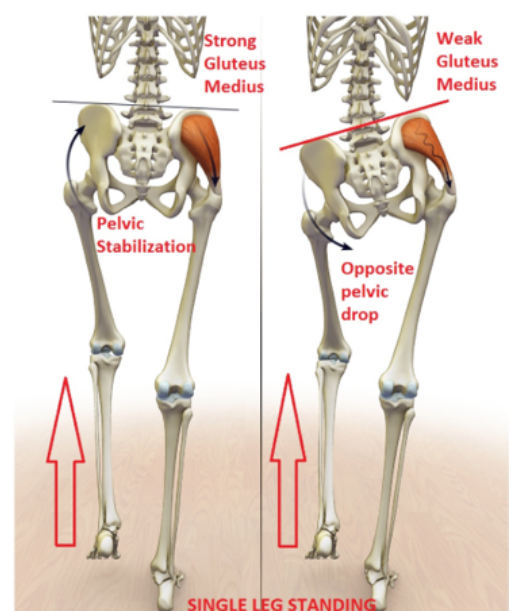
- Gluteal Tendinopathy
- Gluteal Muscle strain or tear
- Patellofemoral Joint Pain Syndrome / anterior knee pain
- ITB Friction Syndrome
- Achilles Tendinopathy
- Hamstring injuries
- Hip and knee osteoarthritis
- Piriformis Syndrome
- Trochanteric Bursitis

Possible causes for overload of the Gluteus Medius muscle includes:

- Prior hip injuries
- Rapid changes in training (load, intensity, frequency, distance or type of training)
- Change in running foot wear
- High impact sports with rapid directional changes
- Poor static posture
- Prolonged sitting from day to day
- Poor lumbar and pelvic control
- Females also are more prone to this type of injury

How can your Local Osteopath Help?

- Individual assessment of Biomechanics
- Identifying the causative factors
- Off loading tight muscles and improving joint mobility
- Provide specific rehabilitation exercises



Imaged sourced from: <http://www.empalife.com/gluteus-medius>

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1: Have your running shoes checked.

Lots of sports shoe retailers now offer professional services to assess your foot biomechanics in different shoes, so make sure you have good running shoes that support your feet properly.

2: Avoid changing up your training too quickly.

If you make changes too rapidly to training load, intensity, frequency or distance, you may find that your body can't keep up, won't adapt in time, and it may lead to injury. Slow, steady increases to your training is the way to go.

3: Don't sit down for too long.

Prolonged sitting from day to day can affect the functional capacity of the Gluteus Medius muscle. If you have an office job, make sure you move around and don't sit still for too long a period. Get up, say hi to your colleagues, or get a drink of water as a reason to get away from your desk.

4: Some sports can irritate your Gluteus Medius muscle.

If you play sports such as netball or basketball which are high impact with rapid directional changes, give yourself the best chance for success in the City to Bay by improving your low back and pelvic control.

5: A great exercise to do to improve strength in your Gluteus Medius and improve pelvic stability is 'Clams'.

'Clams' is done laying on your side, with your knees bent up to a comfortable position. There are three main steps. 1: press your heels together, 2: keep your pelvis still, 3: move your top knee up so your knees open like a clam.

A good trick is to park your bottom up against a wall so you can't cheat by allowing the pelvis to roll backwards as you open your knee.

Do 15 on each side every day.

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