

Glute Med Strengthening Exercise



Position yourself against a wall and place one hand against the wall to stabilize yourself.

Letting your hips move further away from the wall, raise the knee closest to the wall. Keeping your grounded foot still, raise your hip so that it touches the wall.

Relax & Repeat.

Continue this on the same leg for 15-20 reps. Repeat the same process on the other leg.