

Home Exercises

Glute Release

Take the ball and place it on your glute just below your belt. Against a wall - slowly roll around on the ball to find tender spots. When you have found a tender spot, lean/push into ball, as tolerated, and hold for 30 seconds (6 deep breaths). Find the next tender spot and repeat. Work from the outseam of your pants back to just outside of your tailbone.

