

The Key Players (or, too strong for my own good)



PIRIFORMIS: Externally rotates, abducts and extends the hip. The Sciatic nerve runs into it (or innervates it in geek language). When you have weak glutes, this muscle will compensate and “pick up the slack” for what the glute should be doing and will become overactive



ADDUCTOR MAGNUS: The Sciatic nerve runs into it so when it’s overactive it will irritate the nerve. It extends and externally rotates the hip---the same action as the glute max so it will compensate for a weak glute and become overactive.



PSOAS: Extends, flexes and externally rotates the hip. Can lead to a tight/overactive piriformis.

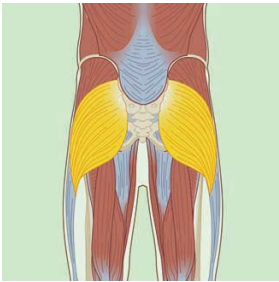


TFL: Abducts and flexes the hip. Can lead to a tight/overactive piriformis.

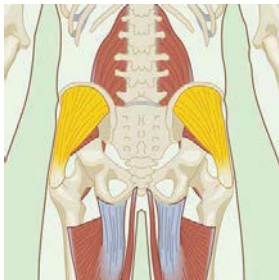


The Secondary Players (or, give me strength!)

These muscles typically become underactive due to our lifestyle of sitting for extended periods of time or just having an inactive lifestyle. If these muscles become underactive then “the key players”, above, take over some of the work. When they key players are overactive it (again, in geek speak) decreases the neural drive of the glute muscles. To make things right again, strengthening exercises are needed for the glute so they can start doing their job again.



GLUTE MAX: Externally rotates and extends the hip. Underactive glute can lead to the “key players” compensating for the movements. The goal is to strengthen the glute max with this (or something similar—but this is a good one)



GLUTE MEDIUS: Abducts and externally rotates the hip. Same situation as the glute max-weak glute medius means other muscles are becoming overactive to compensate. Do this: (Ya, I know you hate this one—so what, do it anyway!)



BONUS POINT TO REMEMBER:

If you do the **foam rolling** sequence before the **stretches**, then the following **scientific** formula applies:



Foam Roll + Stretch + Glute Strengthening = Pain Relief



SCIENCE

BONUS #2:

Add this lateral tube walking exercise to your workout routine:



Low Back-Sciatic Pain Prevention Program					
INHIBIT (Self Myofacial Release)					
EXERCISE	SETS	DURATION		COACHING TIP	
Foam Roll: Piriformis	1	30-60s			
Foam Roll: Adductor Magnus	1	30-60s			
Foam Roll: Quadriceps	1	30-60s			
Foam Roll: TFL	1	30-60s			
LENGTHEN (Static Stretch)					
EXERCISE	SETS	DURATION		COACHING TIPS	
Piriformis Stretch	1-2	30s			
Adductor Stretch	1-2	30s			
Kneeling Hip Flexor Stretch	1-2	30s			
Standing TFL Stretch	1-2	30s			
ACTIVATE (Isolated Strengthening)					
EXERCISE	SETS	REPS	TEMPO	REST	COACHING TIPS
Side Leg Raises	1-2	12	Slow	0	
Quadruped Opposite Arm/Leg	1-2	12	Slow	0	
Floor Bridge	1-2	12	Slow	0	
INTEGRATE					
EXERCISE	SETS	REPS	TEMPO	REST	COACHING TIPS
Lateral Tube Walking	1-2	12	Slow	30s	

Coaching Tips

- ✓ Perform the corrective exercise program prior to beginning your exercise program.
- ✓ Perform the corrective exercise program on days you are not performing your training program to maintain optimal range of motion and strength.
- ✓ Performing the foam roll and static stretching components of your corrective exercise program immediately after your workout will help with overall recovery and muscle soreness.

