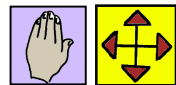
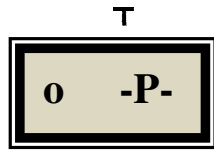


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Steps



☞ Position> The client is prone with the therapist at the hip level facing the sacrum. The client has rotated the bent knee and foot of the treating leg laterally at a 45 degree angle.

1) With the thumbs and fingers of both hands **skin roll** beginning at the lateral superior crest and moving toward the mid-line.

- This treats gluteus medius and minimus.

2) **Skin roll** the gluteus maximus in the same manner including the lateral aspect where it inserts into the gluteal tuberosity of the femur.

3) Apply **multi-directional friction** beginning at the top of the greater trochanter and moving toward the iliac crest in 1" intervals creating a pattern like spokes on a wheel.

- This treats the gluteus medius.

4) Repeat this fan like pattern of **multi-directional friction** with deeper pressure and stopping 1-2 inches below the iliac crest.

- This treats the gluteus minimus.

5) Repeat this process of **multi-directional friction** from the edge of gluteus medius where it overlaps the gluteus maximus, until the sacrotuberous ligament is reached.

6) **Palpate** the posterior superior aspect of the greater trochanter, and apply **multi-directional friction** to the trough formed by the lateral lip.

- This treats the insertions of gluteus minimus and medius.

7) If the skin is exposed, With the thumb, fist or elbow, **glide inferiorly** in a large half moon lateral to the iliac crest and sacrum.

- This treats the origins of the gluteals along the iliac crest, sacrum and coccyx.

8) **Glide inferiorly** in smaller half moons around the greater trochanter. *Repeat 4-6 times.*

- This treats the insertions of the medius and medius and part of the maximus insertion.

- Deeper and more specific glides or friction close to and around the greater trochanter will treat the insertions of the lateral hip rotators.

9) **Glide superiorly** on the gluteal tuberosity of the femur. *Repeat 4-6x.*

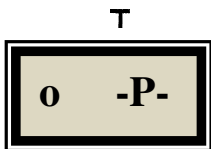
- This treats the gluteus maximus where it attaches and merges with the iliotibial band.

10) **Glide superiorly** from the gluteal tuberosity through all the gluteals.












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Summary



👉 Position> The client is prone with the leg out laterally at a 45 degree angle. The therapist is at the side.

- 1)  medius and minimus
- 2)  maximus
- 3)  medius
- 4)  minimus
- 5)  edge of maximus over the medius to the sacrotuberous ligament
- 6)   posterior superior greater trochanter
- 7)  small half moons 4-6x
- 8)  large half moon 4-6x.
- 9)  gluteal tuberosity 4-6x
- 10)  clear all the gluteals starting from the gluteal tuberosity