

## **Trainer's Corner**

### **By Frank Pace**

*Frank Pace, ATC, CSCS, PES, has a degree in Sports Medicine and is a full time Athletic Trainer and strength coach for Healthpoint Fitness. Frank can also be seen at the High School Sporting events providing medical coverage for football, soccer, basketball and baseball. He is completing his Masters of Science in Human Performance and Injury Prevention. Frank is involved with Athletic Training, SportsMax, Sports Metrics, Personal Training, Fitcare and CPR/First Aid Instruction.*

Our personal trainers will begin to develop goals this year for their clients and there is one body part that seems to make every fitness resolution, the all powerful glutes. Now, as a personal trainer I can inform you about the importance the gluteal muscles play in pelvic stabilization, lumbar or low back stabilization, and the way it influences running performance by initiating hip extension. However, most clients will reap these benefits of glute training unknowingly while perusing their desire of an aesthetic lower backside or as I refer to it as the J-Low effect. Many fitness enthusiasts will perform every variation of squat and lunge to full fill the desire to build that backside. While these are excellent exercises for the glutes they also incorporate many other muscles, and if a person can not achieve proper activation of the gluteal muscles then muscle compensation can take place. This can lead to poor gluteal development and possible muscular imbalances that can put you on the fast track to pain. In order to prevent this and start your glute training off right, ask a HealthPoint Personal Trainer to evaluate your functional glute strength by performing the Cook Hip Lift developed by physical therapist Gray Cook.

Step 1. Lye in the supine position with both knees bent and feet flat on the floor (classic sit up position).

Step 2. Grasp behind the back of one knee and pull that knee to the chest, preferably trapping a small ball between the knee and rip cage.

Step 3. Now without bringing the knee away from the body or activating the low back, squeeze the glutes to raise the hips off the floor.

Having a Personal Trainer there to help evaluate this movement will allow for the movement to be performed correctly and be subjectively scored. Once the Personal Trainer evaluates this movement he or she will have a great idea of where to start you out at on the road to successful and pain free glute training.