

BACKACHE, SCIATICA PAIN RELIEF



&
Rolling

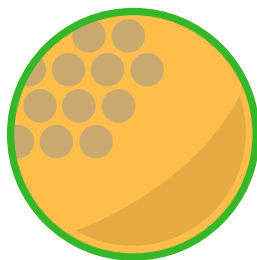


Backache, Sciatica Pain Relief – Releasing Gluteus Medius

I'm going to show you how to release your gluteus medius to help with backaches or sciatica type pains.

I use dumbbells but you can use a lacrosse ball, a snooker ball, or a softball.

Tennis balls are generally too soft so they probably won't do the job.



Place the ball or the object of your choice on the floor.

The gluteus medius attaches to the leg at the top of the femur (thigh bone), close to the hip joint, on a bony prominence called the greater trochanter.

The greater trochanter is a ridge on the femur (thighbone). The muscle attaches at the other end to the ilium, which is part of the big pelvic bone.

(Watch the video for this in the membership area to see where it is exactly).





So we compress and release. So when you compress you'll feel a bit of an achy pain or a sensation across to the back of your buttocks or you might even feel it down the side of the leg.



As you sit down on the ball or dumbbell you can roll around and look for the tightness until you feel the sensation I mentioned earlier.

Then you lie back, feel it and stay with that sensation.

Just relax into the sensation and relax your legs.

If your leg is tense you won't get any benefit whatsoever.

You might feel it running right through into your groin. Stay in that position and then you can relax into it some more.



Breathing exercises while doing this helps as well. It teaches you to become self-aware of your body and to consciously let go.

Once you feel like you've had enough and your body has relaxed you can come off of the point you have been rolling on, roll slightly further up until you feel another point that is tight, and then relax again.

So now you are sitting in a slightly different area, you will feel the sensation somewhere else.

Maybe into your glute?



Take a deep breath in. Breathe out and let your knee drop onto the floor. When you see that release, you know that the muscle (glute) has let go.

Then turn slightly more angled towards the floor, to your side so it will be hitting close to gluteus minimus.

It may be the same area of pain that runs from the bottom the glute through the groin.

Generally, you may find that the right side is sorer than the left side. I'll explain that in another eBook on how the posture is actually set up. Which causes the right glute medius to seize up.



So move around, so you are working on glute minimus. (It works in concert with gluteus medius: abduction of the hip; preventing adduction of the hip. Medial rotation of thigh.

The gluteus minimus (or gluteus minimus), the smallest of the three gluteal muscles, is situated immediately beneath the gluteus medius).

Do the same as you did with glute medius. Relax into the sore spot until you can feel your muscle release.

Make sure you do not massage the bone!



So that is how you release gluteus medius and minimus.

This is really good for sciatic pain that runs down your leg and releasing general aches and pains that come from a tightness in your gluteus muscles.

**This Ebook is a collaboration between Ben Doung
from Active Performance Clinic
& Global Healing Exchange**

