

# Gluteal Sets

Activity before and after joint replacement surgery will help speed up your recovery. Gluteal Sets are an exercise you can do to strengthen your joints.

Try Gluteal Sets now.

Step 1. Lie on your back with your legs stretched out.

Step 2. Squeeze your butt and tighten your muscles. Your hips will rise slightly off the bed or floor. Do not hold your breath.

Step 3. Hold for five seconds and relax.

Let's try that again. Lie on your back with your legs stretched out. Squeeze your butt muscles. Do not hold your breath. Hold for five seconds and relax. Repeat 10 times for one set. Do two sets a day.

To get the most out of this exercise, follow your physical therapist's instructions and do them on a regular basis. If you have questions about the way to do this exercise or how your muscles feel before, during or after – ask your physical therapist.