

Overcome Gluteal Amnesia (dead butt syndrome)

Balanced Body
Pilates Around the World 2020

Instructor

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- PMA-NCPT, ACSM-CPT, ACSM/ACS-CET,
- FMS, GFM, Graston Technique, Trigger Point, TPI
- Books – The first step to Pilates, Belly Fat Zero, Pilates for Equestrian, Pilates Bible, Pilates for rehabilitation by props and so on...

What?

Gluteal amnesia

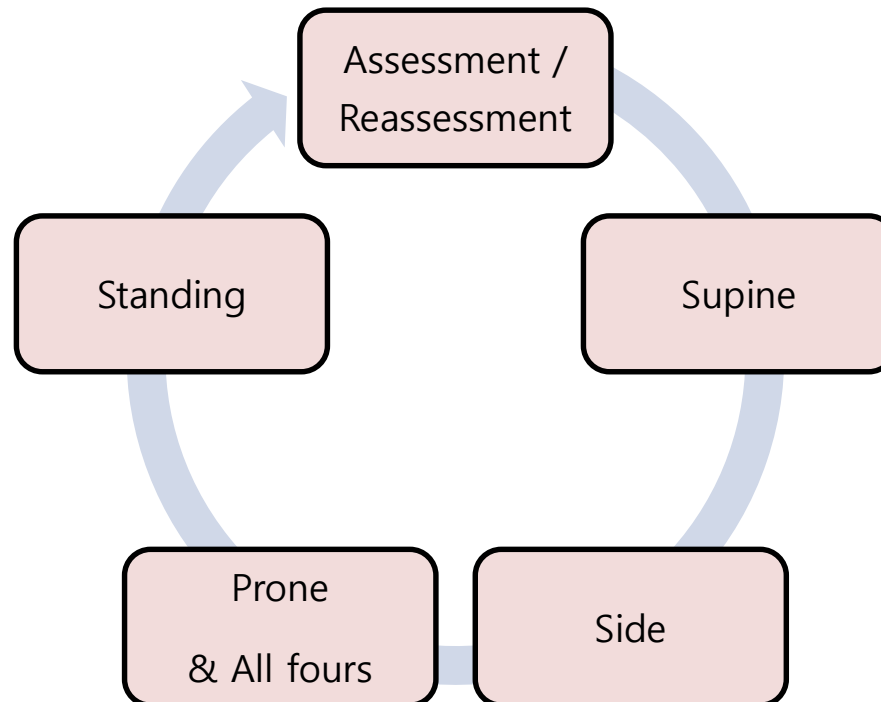
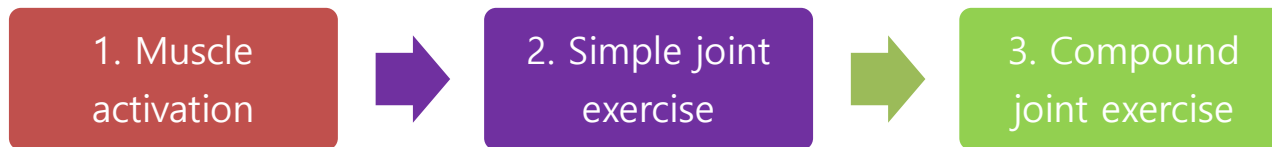
- Response – Slow contraction and low activation
- Stability – Low core activation
- Mobility – Issue for independent movement of hip joint

Why?

1. Shortening hip flexors → limit gluteus contraction
(posture habit of sedentary life)
2. Increasing hamstring work instead of gluteus

How?

Flow chart



Assessment

Efficient posture for gluteal activation

1) Single leg Bridge(30 second)



2) Side plank(30 second)



3) Quadruped hip extension
(Lumbar stability)



Michael, P. R., Lori, A. B., Janice, K. L. (2011). A literature review of studies evaluating gluteus maximus and gluteus medius activation during rehabilitation exercises. An International Journal of Physical Therapy. 28(4). 257-268. / Physiotherapy Theory and Practice, 28(4), 257-268.

Marc J. Philippon, Michael J. Decker, J. Erik Giphart, Michael R. Torry, Michael S. Wahoff and Robert F. LaPrade (2011). Rehabilitation Exercise Progression for the Gluteus Medius Muscle With Consideration for Iliopsoas Tendinitis : An In Vivo Electromyography Study. The American Journal of Sports Medicine, 39(8), 1777-1785.

1. Muscle
activation



2. Simple joint
exercise



3. Compound
joint exercise

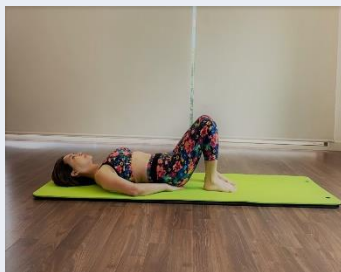
Supine

put both hands on the floor. Feel **butt muscles of contraction**
And lead gluteus engagement **after abdominal engagement.**

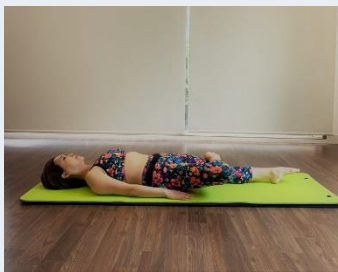
1) engage butt with
straightening leg
(both and single)



2) engage butt with
bending leg (both
and single)



3) Faber(Patrick)



4) Bridge



5) Arc



1. Muscle
activation



2. Simple joint
exercise



3. Compound
joint exercise

Side

GM vs TFL vs QL : In the study of the change of muscle activation ratio for gluteus medius and TFL by hip joint position control at exercises such as Clamshell and Side **lying hip abduction, external rotation was high in Side lying hip abduction exercise and gluteus medius activation was high at **60 degree of hip flexion** for Clamshell.**

1) engage butt with
straightening leg
(both and single)



2) engage butt with
bending leg (both
and single)



3) Clam



4) Side lying hip
circle



5) Arc(hip circle)



1. Muscle
activation



2. Simple joint
exercise



3. Compound
joint exercise

Prone & All Fours

Hip joint vs Lumbar : To prevent from unstable lumbar movement at hip movement, press one knee on the floor after abdominal engagement. (if you intend to straight the leg too much then it would increase hamstring work)

1) engage butt with straightening leg (both and single)



2) engage butt with bending leg (both and single)



3) Prone Faber(Patrick)



4) perform this at All fours with or without support box



5) Arc(Grasshopper)



1. Muscle
activation



2. Simple joint
exercise



3. Compound
joint exercise

Standing

Monster walking vs Sumo walking : There is the SCI research, investigate to see the change of biomechanics for lumbopelvic and lower legs, and to see TFL, gluteus medius, gluteus maximus activation at the different band position exercises such as banding at knees, ankles, foot (SCI) . The result showed that resistance band exercises increases gluteus activation **at distal state**.

1) engage butt with
straightening leg
(both and single)



2) Squat
(Engage butt)



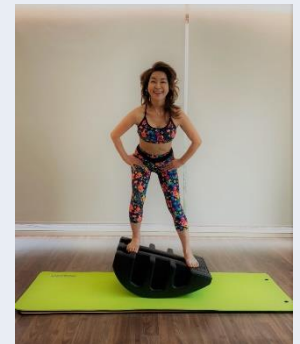
3) Squat with single
leg lift



4) Squat with Band at
foot level



5) Arc(Walking)



“ Every moment of our life can be the beginning of great things.”

(우리 인생의 모든 순간이 위대한 일의 시작)

- Joseph Pilates



Thank you.

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