

# Eliminating Lower Back Pain with Stronger Glutes

By Dominic Matti

One of the most common complaints I receive when talking to a new potential client, is lower back pain. With so many of us working desk jobs, sitting on the computer at home, sitting on the couch watching tv and driving, this sedentary lifestyle takes a toll on our body over time. Our muscles begin to tighten up and get weaker.

When we think of back pain, we usually automatically think weak back and weak abs. And yes they play a major role but there is another body part that we overlook when it comes to back pain; and that's the glutes. The glutes are made up of 3 muscles - gluteus maximus, medius and minimus and they all play a role in taking stress off the spine. When we're sitting for most of the day, these muscles begin to weaken and tighten up, which can trigger discomfort in the lower back during certain movements/activities.

When you begin sitting motion (squat) your hips will bend backwards to help counterbalance your upper body's forward motion. But if your glutes are not strong enough to fully engage when your hips bend backward, your lumbar spine will round forward excessively and this leads to too much stress on the lower back. Another every day activity that our glutes come into play, is walking and running. One of the most common complaints I receive when talking to a new potential client, is lower back pain. With so many of us working desk jobs, sitting on the computer at home, sitting on the couch watching tv and driving, this sedentary lifestyle takes a toll on our body over time. Our muscles begin to tighten up and get weaker.

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spine, protecting it from excessive movement and stress. If they are not performing correctly, pain may occur in the hips and lower back.

Most people think of squats and deadlifts when it come to building and strengthening glutes but I'm going to go over 3 exercises that we overlook when working the posterior chain.

Do 3-4 sets of 12-15 reps for each exercise.

**Bulgarian Split squat** - To do the Bulgarian split squat, stand in front of a bench with your arms at your sides. If you are using dumbbells, you should hold one in each hand. Reach your right leg behind you and rest the top of the foot on the bench. Bend at the knee and slowly squat down until the right knee is just above the ground. Return to the starting position and repeat. Perform the same number of repetitions on each leg.

**Lateral Band Walk** - Hold a resistance band handle in each hand, then stand in the center of the band. Cross the handles into an X in front of you, then kick your hips back to lower into a squat.

Maintain your squat as you take 12-15 steps to the left then 12-15 steps to the right.

Tip: Keep enough tension on the band to provide a significant amount of resistance.

**Single-leg glute bridge** - Start with your shoulders resting on the bench supporting your body. Raise one leg off of the ground and start with you hips up in a level bridge.

Drop your hips until you are nearly sitting down. Raise your body back up as high as you can and fully contract your buttocks at the top of the motion.

Lower your body back down into the seated position and repeat action.