

ASSESSING AND TREATING GLUTEUS MAXIMUS WEAKNESS – A CLINICAL COMMENTARY

Matthew Buckthorpe, PhD^{1,2}

Matthew Stride, MD²

Francesco Della Villa, MD¹

ABSTRACT

The Gluteus Maximus (GM) muscle is the largest and most powerful in the human body. It plays an important role in optimal functioning of the human movement system as well as athletic performance. It is however, prone to inhibition and weakness which contributes to chronic pain, injury and athletic underperformance. As such, understanding how to assess and treat GM dysfunction is an important aspect of sports science and medicine, as it has relevance for injury prevention, rehabilitation and performance enhancement. Despite GMs considerable importance there is little research attempting to translate evidence into practice to support practitioners when faced with 'sleepy glutes'. This clinical commentary discusses the importance of GM for athletic performance and injury risk; factors which contribute to GM dysfunction and then provides evidenced informed approaches to assess and treat GM dysfunction. This can be used as part of rehabilitation or injury prevention practices as well as athletic performance training.

Level of Evidence: 5

Key words: Gluteus maximus, muscle imbalances, movement system, performance training, rehabilitation

CORRESPONDING AUTHOR

Matthew Buckthorpe

Isokinetic Medical Group

11 Harley Street

London,

WG1 9PF

Tel - 0207 486 5733

E-mail: M.Buckthorpe@isokinetic.com

¹ Isokinetic Medical Group, FIFA Medical Centre of Excellence, Education & Research Department, Bologna, Italy

² Isokinetic Medical Group, FIFA Medical Centre of Excellence, London, UK

Conflict of interest: There were no funding sources for the paper. The authors report no conflicts of interest.