



## **Gluteal Lift**

I have found this technique helpful for releasing deep into the gluteal region, piriformis, hamstrings, sacroiliac, perineum, and low back. Place your hands high up on the upper hamstrings. Your pressure should not be only into hip flexion, but should explore deep into the upper hamstring and gluteal musculature. Feel for restriction and maintain a steady pressure, releasing as you go. If your client complains of excessive pinching sensation in the front of the hip, you may need to extend the leg back to the table and release the anterior pelvis first. Give this a try and, as always, spend the time necessary to bring about deep changes.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

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