



**KITA SUGG**  
EXERCISE PHYSIOLOGY

## Safe Movement After Surgery

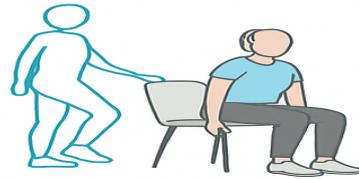
Your Gentle Guide to Getting Started

*Enjoyable Movement for Every Body*

### 1. You're Not Alone in Feeling Nervous

After surgery, it's natural to worry about moving too soon or doing the wrong thing. But here's the truth: gentle, safe movement can actually help you heal. The key is knowing where to start and how to listen to your body.

**This guide gives you general principles to help you move safely — and understand when it's time to get professional support.**



Ankle pumps



## Why Strong Glutes Are Key to a Happy Lower Back

*Enjoyable Movement for Every Body*



## Why Strong Glutes Matter

If you've ever finished a long day with an achy lower back, you're not alone. Many people assume the pain comes from a weak core or bad posture, but there's often another quiet culprit — underactive glutes. Your gluteal muscles do far more than just power your squats. They stabilise your hips and pelvis, support your spine, and help you move efficiently. When they're not doing their job properly, your lower back often ends up taking on the extra workload — and that's when discomfort creeps in.

## How the Glutes Support Your Back

Think of your glutes as the foundation of your body's movement system. Every time you walk, climb stairs, or bend down, they should be driving and stabilising the motion. When your glutes are strong and active, your pelvis stays stable, your core can engage properly, and your spine is better supported during everyday movement.

## Simple Ways to Strengthen Your Glutes

Here are some beginner-friendly exercises to help activate and strengthen your glutes:

### Glute Squeezes

Sit or stand tall and gently squeeze your buttocks together, holding for 5 seconds before relaxing. Repeat 10–15 times throughout the day.

*[Line-style illustration here]*

### Bridges

Lie on your back with knees bent, feet flat on the floor. Gently lift your hips, squeeze your glutes at the top, then lower with control.

*[Line-style illustration here]*

### Step-Ups

Using a low step or stair, step up and drive through your heel as you lift. Alternate sides for balance and hip stability.

*[Line-style illustration here]*

## Clamshells

Lie on your side with knees bent. Lift your top knee slightly while keeping your feet together. Feel the side of your hip working!

*[Line-style illustration here]*

## The Takeaway

If your lower back has been nagging at you, don't just stretch it — strengthen what supports it. Your glutes are your built-in back protectors. Giving them a little attention can make everyday movement feel lighter, more stable, and pain-free.

**Because when your glutes are happy, your back usually is too.**

Disclaimer: This information is general in nature and not a substitute for individual medical advice. Always consult your healthcare provider before starting any new exercise program.

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