



KITA SUGG
Exercise Physiology

Why Strong Glutes Are Key to a Happy Lower Back

Your Gentle Guide to Getting Started

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

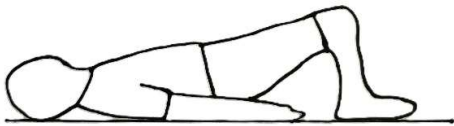
Sit or stand tall and gently squeeze your buttocks together, holding for 5 seconds before relaxing. Repeat 10–15 times throughout the day.

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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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.

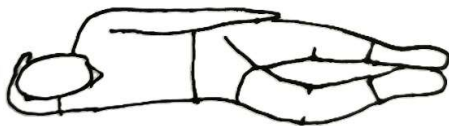
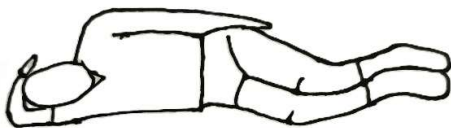


Step-Ups

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

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!



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.

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Ready to feel stronger and move with confidence?

Book an Exercise Physiology session today and start building the foundation for a happier, pain-free back.

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