



# The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction

*John Gibbons*

Download now

[Click here](#) if your download doesn't start automatically

# The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction

*John Gibbons*

## **The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction** John Gibbons

In *The Vital Glutes*, author and respected bodywork specialist John Gibbons looks at one of the most neglected areas of the body: the gluteal muscles. He takes readers on a fascinating journey of enlightenment, teaching us to recognize pain and dysfunctional patterns that arise from the gluteal muscles.

Gibbons addresses such questions as: Why do the gluteals potentially cause pain and dysfunction in distant sites of the body? How does the gait pattern contribute to pain and dysfunction? And, how can the application of gluteal-specific Muscle Energy Techniques aid full-body well-being? In addition, he provides step-by-step techniques to identify and correct a number of impaired patterns as well as functional gluteal exercises that promote recovery.

With full color photographs and illustrations, the book demonstrates how to perform functional assessment testing for the muscles of posture that can become chronically tight—a principal causative factor in dysfunctional glutes. Therapeutic techniques, including gluteal exercises, show how to correct dysfunction and reduce pain. This book will be of great value to physical therapists, athletes, and anyone interested in bodywork.

### Table of Contents

1. Putting the Maximus Back into Gluteus Maximus
2. Muscle Imbalance and the Myofascial Slings
3. The Glutes and the Gait Cycle
4. Leg length discrepancy (LLD), Over-Pronation and its effect on the Glutes
5. Functional Anatomy of the Gluteus Maximus (Gmax)
6. Functional Anatomy of the Gluteus Medius (Gmed)
7. Muscle Energy Techniques
8. The Antagonistic Cause - the Vital Psoas, Rectus Femoris and Adductors
9. Gmax and Gmed Causing Knee and Ankle Pain
10. Gmax and Gmed Causing Lumbar Spine Pain
11. Differential Diagnosis of Weakness Inhibition of the Glutes
12. Gmax and Gmed Control Exercises

 [Download The Vital Glutes: Connecting the Gait Cycle to Pai ...pdf](#)

 [Read Online The Vital Glutes: Connecting the Gait Cycle to P ...pdf](#)

## **Download and Read Free Online The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction**

**John Gibbons**

---

### **From reader reviews:**

#### **Martin Adams:**

Within other case, little people like to read book The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction. You can choose the best book if you'd prefer reading a book. So long as we know about how is important some sort of book The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction. You can add understanding and of course you can around the world by way of a book. Absolutely right, since from book you can know everything! From your country until eventually foreign or abroad you may be known. About simple matter until wonderful thing you can know that. In this era, we could open a book as well as searching by internet unit. It is called e-book. You can utilize it when you feel fed up to go to the library. Let's learn.

#### **Beth Ritchey:**

In this 21st century, people become competitive in every way. By being competitive currently, people have do something to make these people survives, being in the middle of typically the crowded place and notice through surrounding. One thing that at times many people have underestimated this for a while is reading. Yep, by reading a guide your ability to survive enhance then having chance to remain than other is high. In your case who want to start reading the book, we give you this particular The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction book as beginner and daily reading reserve. Why, because this book is more than just a book.

#### **Naomi Taylor:**

On this era which is the greater man or woman or who has ability to do something more are more precious than other. Do you want to become considered one of it? It is just simple approach to have that. What you have to do is just spending your time not much but quite enough to experience a look at some books. One of the books in the top list in your reading list is actually The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction. This book that is qualified as The Hungry Inclines can get you closer in turning into precious person. By looking upward and review this e-book you can get many advantages.

#### **Thomas Ellis:**

A lot of publication has printed but it takes a different approach. You can get it by world wide web on social media. You can choose the top book for you, science, comedian, novel, or whatever through searching from it. It is called of book The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction. You can contribute your knowledge by it. Without making the printed book, it can add your knowledge and make you happier to read. It is most significant that, you must aware about reserve. It can bring you from one destination to other place.

**Download and Read Online The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction John Gibbons #RB58IZ3M4TK**

## **Read The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction by John Gibbons for online ebook**

The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction by John Gibbons Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction by John Gibbons books to read online.

### **Online The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction by John Gibbons ebook PDF download**

**The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction by John Gibbons Doc**

**The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction by John Gibbons Mobipocket**

**The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction by John Gibbons EPub**