

Tight Glutes

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Lower back pain, hamstring tightness, and even plantar fasciitis can all be caused by one set of weak muscles – your glutes or scientifically known as your gluteal muscles. The sole purpose of your glutes are to maintain your trunk in a properly aligned position. If your glutes become weak, your back and hamstrings take up the slack, causing other parts of your body to overcompensate.

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