

# The Most Important Muscle In The Body: The Gluteus Medius!

– Dr Mitchell Yass

No muscle plays a more important role in the function of the body. Strong gluteus medius muscles are responsible for maintaining the pelvis level. This prevents against scoliosis from developing, weight bearing improperly at the hip, knee, ankle or foot preventing pain at these areas, prevents against bunions, prevents against lower back pain, gluteal region pain, sciatica. You get the idea this muscle is important? Learn the proper to strengthen this muscle!