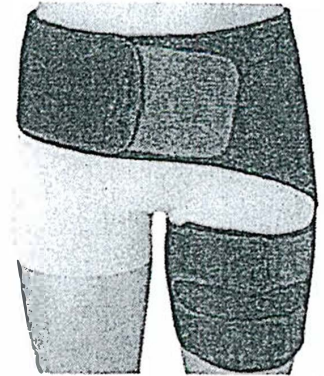


Lateral Hip Pain: Gluteal Tendinopathy/Trochanteric Bursitis

- You can purchase a Hip Stabilizer Brace at any pharmacy, drugstore, or on Amazon (~\$30).
- You can also start the exercises listed below.
- Consider topical creams or medications as listed on supplemental handout.



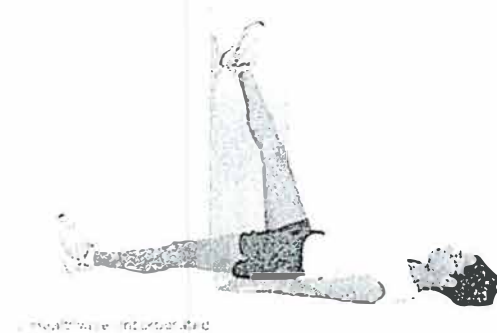
Trochanteric Bursitis: Exercises

Your Care Instructions

Here are some examples of typical rehabilitation exercises for your condition. Start each exercise slowly. Ease off the exercise if you start to have pain. Your doctor or physical therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Hamstring wall stretch



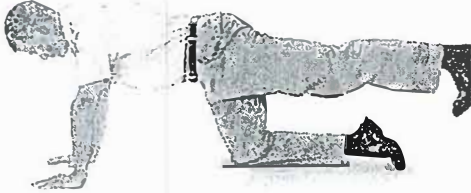
1. Lie on your back in a doorway, with your good leg through the open door.
2. Slide your affected leg up the wall to straighten your knee. You should feel a gentle stretch down the back of your leg.
 - ◆ Do not arch your back.
 - ◆ Do not bend either knee.
 - ◆ Keep one heel touching the floor and the other heel touching the wall. Do not point your toes.
3. Hold the stretch for at least 1 minute to begin. Then try to lengthen the time you hold the stretch to as long as 6 minutes.
4. Repeat 2 to 4 times.

If you do not have a place to do this exercise in a doorway, there is another way to do it:

1. Lie on your back, and bend the knee of your affected leg.
2. Loop a towel under the ball and toes of that foot, and hold the ends of the towel in your hands.

3. Straighten your knee, and slowly pull back on the towel. You should feel a gentle stretch down the back of your leg.
4. Hold the stretch for 15 to 30 seconds. Or even better, hold the stretch for 1 minute if you can.
5. Repeat 2 to 4 times.

Alternate arm and leg (bird dog) exercise



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Note: Do this exercise slowly. Try to keep your body straight at all times, and do not let one hip drop lower than the other.

1. Start on the floor, on your hands and knees.
2. Tighten your belly muscles.
3. Raise one leg off the floor, and hold it straight out behind you. Be careful not to let your hip drop down, because that will twist your trunk.
4. Hold for about 6 seconds, then lower your leg and switch to the other leg.
5. Repeat 8 to 12 times on each leg.
6. Over time, work up to holding for 10 to 30 seconds each time.
7. If you feel stable and secure with your leg raised, try raising the opposite arm straight out in front of you at the same time.

Straight-leg raises to the outside



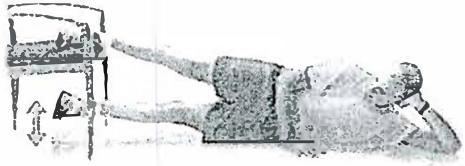
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1. Lie on your side, with your affected hip on top.
2. Tighten the front thigh muscles of your top leg to keep your knee straight.
3. Keep your hip and your leg straight in line with the rest of your body, and keep your knee pointing forward. Do not drop your hip back.
4. Lift your top leg straight up toward the ceiling, about 12 inches off the floor. Hold for about 6 seconds, then slowly lower your leg.

5. Repeat 8 to 12 times.

6. Switch legs and repeat steps 1 through 5, even if only one hip is sore.

Straight-leg raises to the inside



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1. Lie on your side with your affected hip on the floor.

2. You can either prop up your other leg on a chair, or you can bend that knee and put that foot in front of your other knee. Do not drop your hip back.

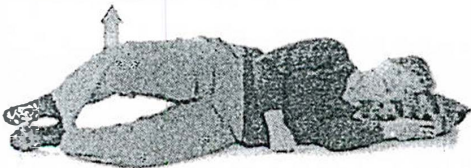
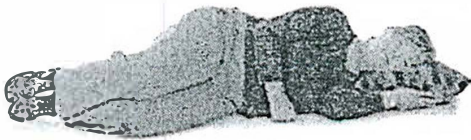
3. Tighten the muscles on the front thigh of your bottom leg to straighten that knee.

4. Keep your kneecap pointing forward and your leg straight, and lift your bottom leg up toward the ceiling about 6 inches. Hold for about 6 seconds, then lower slowly.

5. Repeat 8 to 12 times.

6. Switch legs and repeat steps 1 through 5, even if only one hip is sore.

Clamshell



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1. Lie on your side, with your affected hip on top. Keep your feet and knees together and your knees bent.

2. Raise your top knee, but keep your feet together. Do not let your hips roll back. Your legs should open up like a clamshell.

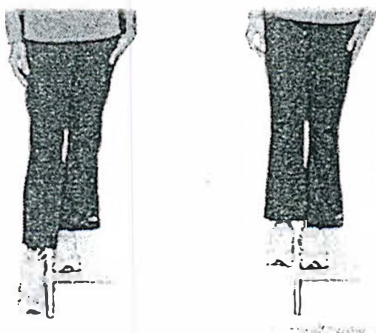
3. Hold for 6 seconds.

4. Slowly lower your knee back down. Rest for 10 seconds.

5. Repeat 8 to 12 times.

6. Switch legs and repeat steps 1 through 5, even if only one hip is sore.

Hip hike



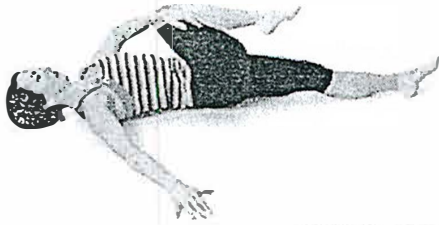
1. Stand sideways on the bottom step of a staircase, and hold on to the banister or wall.
2. Keeping both knees straight, lift your good leg off the step and let it hang down. Then hike your good hip up to the same level as your affected hip or a little higher.
3. Repeat 8 to 12 times.
4. Switch legs and repeat steps 1 through 3, even if only one hip is sore.

Standing quadriceps stretch



1. If you are not steady on your feet, hold on to a chair, counter, or wall. You can also lie on your stomach or your side to do this exercise.
2. Bend the knee of the leg you want to stretch, and reach behind you to grab the front of your foot or ankle with the hand on the same side. For example, if you are stretching your right leg, use your right hand.
3. Keeping your knees next to each other, pull your foot toward your buttock until you feel a gentle stretch across the front of your hip and down the front of your thigh. Your knee should be pointed directly to the ground, and not out to the side.
4. Hold the stretch for 15 to 30 seconds.
5. Repeat 2 to 4 times.

Piriformis stretch



1. Lie on your back with your legs straight.
2. Lift your affected leg and bend your knee. With your opposite hand, reach across your body, and then gently pull your knee toward your opposite shoulder.
3. Hold the stretch for 15 to 30 seconds.
4. Repeat 2 to 4 times.

Hip rotator stretch



1. Lie on your back with both knees bent and your feet flat on the floor.
2. Put the ankle of your affected leg on your opposite thigh near your knee.
3. Use your hand to gently push your knee away from your body until you feel a gentle stretch around your hip.
4. Hold the stretch for 15 to 30 seconds.
5. Repeat 2 to 4 times.
6. Repeat steps 1 through 5, but this time use your hand to gently pull your knee toward your opposite shoulder.
7. Switch legs and repeat steps 1 through 6, even if only one hip is sore.

Double knee-to-chest



1. Lie on your back with your knees bent and your feet flat on the floor. You can put a small pillow under your head and neck if it is more comfortable.
2. Bring both knees to your chest.
3. Keep your lower back pressed to the floor. Hold for 15 to 30 seconds.
4. Relax, and lower your knees to the starting position.
5. Repeat 2 to 4 times.