

Exercises for Gluteal Tendinopathy Handout

What is gluteal tendinopathy?

Gluteal tendinopathy, also known as greater trochanteric pain syndrome, is characterized by lateral hip pain and dysfunction of the gluteal tendons and muscles, particularly the gluteus medius. It commonly presents with symptoms such as difficulty climbing stairs, pain while lying on the affected side, and tenderness around the greater trochanter.

Symptoms of gluteal tendinopathy

- Lateral hip pain
 - Discomfort during activities such as climbing stairs or lying on the affected side
 - Stiffness and limited range of motion in the hip joint
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Exercises for gluteal tendinopathy

Single leg step

- **Target:**
Hip stability and gluteal muscle strength
- **Instructions:**
Stand upright with one foot firmly planted on a step or elevated surface and the other foot hanging off the edge. Keeping the torso upright and balanced, slowly lower the hanging foot towards the ground, allowing the knee to bend slightly. Engage the gluteal muscles to push through the heel of the planted foot, returning to the starting position. Perform 2-3 sets of 10-15 repetitions on each leg to promote hip stability and strengthen the gluteal tendons.

Side leg lift exercise

- **Target:**
Gluteus medius muscle activation
- **Instructions:**
Begin by lying on one side with the bottom arm extended for support and the top arm resting on the hip. Keep the upper leg straight and lift it upwards towards the ceiling, focusing on activating the gluteus medius muscle. Lower the leg back down slowly, maintaining control throughout the movement. Perform 2-3 sets of 10-15 repetitions on each side to improve hip abduction strength and stability, which is crucial for individuals with gluteus medius tendinopathy.

Leg lift exercise

- **Target:**

Hip abductor muscles

- **Instructions:**

Lie on your back with both legs extended and your arms resting by your sides. Lift one leg upwards towards the ceiling while keeping the knee straight, and the foot flexed. Slowly lower the leg back down towards the ground without allowing it to touch the floor. Repeat the movement with the opposite leg, aiming for 2-3 sets of 10-15 repetitions per leg to strengthen the hip abductors and gluteal tendons.

Standing leg raise

- **Target:**

Gluteal muscles activation

- **Instructions:**

Stand upright with your feet hip-width apart and your hands resting on a stable surface for support. Lift one leg to the side while keeping the knee straight and the toes pointing forward. Hold the position briefly, then lower the leg back down with control. Perform 2-3 sets of 10-15 repetitions on each leg, focusing on maintaining proper form and activating the gluteal muscles to support the hip joint.