

Exercises for Gluteal Tendonopathy

I. Single-leg standing stretch/single-leg stance

1. Stand upright and shift your weight onto one leg, bending it slightly if necessary.
2. Slowly bend the other knee, effectively raising one foot while standing on one foot.
3. Maintain balance by engaging your core and glute muscles.
4. Hold the stretch for 30 seconds and repeat 3 times per side.



II. Single-leg step up

1. Stand facing a step, stairs, or low platform.
2. Step up onto the platform with the affected leg, driving through the glute.
3. Bring the other leg up and use that side's foot to tap the platform lightly, without shifting your weight.
4. Step down slowly, keeping control of the movement.
5. Repeat for 10 reps per side.



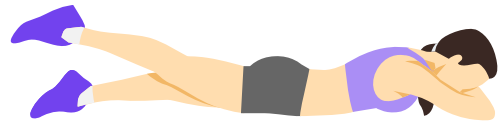
III. Single-leg squat

1. Stand on the affected leg with the other leg slightly raised.
2. Slowly bend the knee of the standing leg, lowering into a squat position. Try to maintain an upright torso, but it is okay if your torso angles forward so that you can maintain balance.
3. Avoid going down too low, as this will become a pistol squat and may be too much for some individuals.
4. Push through the heel to return to standing.
5. Perform 10 reps per leg.



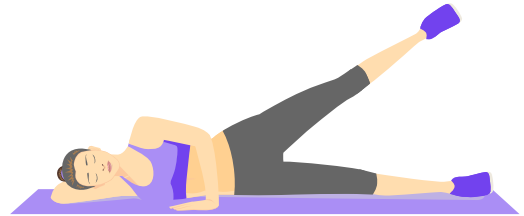
IV. Leg lifts

1. Lie on your front.
2. Lift one leg behind you slowly while keeping it straight.
3. Lower the leg back down in a controlled motion.
4. Perform 15 reps on each side.



V. Side leg lift exercise

1. Lie on your side.
2. Slowly lift the other leg while keeping it straight.
3. Lower the leg back to the starting position in a controlled manner.
4. Perform 12 reps per side.



VI. Standing leg raise

1. Stand upright, holding onto a surface for support if needed.
2. Slowly raise one leg in front of you, keeping it straight.
3. Lower it back to the starting position in a controlled manner.
4. Perform 15 reps per side.



Additional notes

Do a maximum of 3 sets with at least 1-3 minutes of rest between sets to make sure you don't push yourself too hard given your condition. Ensure you maintain proper form throughout each exercise. Progress slowly and stop any exercise that causes sharp pain. Let's meet up every week to monitor results.