

Trochanteric Bursitis & Gluteal Tendinopathy



Scan this QR Code to access a detailed video that enhances the information in this handout. It includes step by step guidance and visual demonstrations for each exercise.

What is trochanteric bursitis and gluteal tendinopathy?

Trochanteric bursitis and gluteal tendinopathy are conditions characterized by pain in the outer hip and buttock area. Both conditions stem from overuse and repetitive friction occurring between the greater trochanter and the iliotibial band. This repetitive friction leads to microtrauma at the greater trochanter, resulting in localized inflammation and bursitis, tendon degeneration, and increased tension on the iliotibial band.

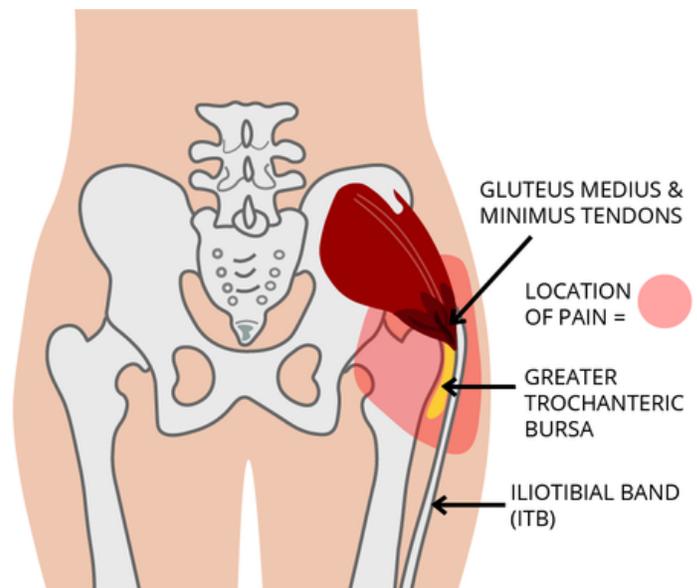
How is it treated?

Reduce training intensity and physical activity that exacerbate symptoms, such as prolonged standing or activities that involve repetitive hip movements. Anti-inflammatory medications such as ibuprofen or naproxen can help alleviate pain. A rehabilitation program emphasizing strength, flexibility, and balance around the hip is crucial to recovery.

How long is the recovery?

Recovery time depends on the severity. Symptoms often improve within a few weeks of starting treatment. However, full recovery, particularly for chronic or severe cases, can take several months. Try to be patient.

Resuming sports or activities should be gradual and based on pain tolerance. Avoid symptom-triggering activities until well-managed. Begin with low-impact exercises and gradually increase intensity.



Trochanteric Bursitis & Gluteal Tendinopathy Rehabilitation Exercises

Consistent strengthening exercises can decrease pain and improve function. Perform the following program **2-3 times per week for 6-8 weeks**. After this initial phase, continue doing these exercises just 1-2 times per week to maintain your hip health.

How to Perform Your Strengthening Exercises

Go SLOW: Perform every movement with control—take 3 seconds to lift the weight, hold for 1 second, and take 3 seconds to lower it. Moving slowly improves your muscle's ability to handle weight, leading to much better long-term strength and stability for your hip joint.

The 8-10 Progression Rule: Start with a weight you can lift for 3 sets of 8 reps (mild pain up to 4/10 is acceptable and safe). Each time you do this workout, try to add 1 repetition per set if your hip tolerates it. Once you successfully work up to 3 sets of 10 reps, increase your weight slightly and drop back down to 8 reps. By repeating this cycle, you will safely increase your weight every 1 to 2 weeks to keep building strength.

How many sets? If you are performing this program 2 times per week, complete 3 sets of each exercise. If you are performing this program 3 times per week, complete 2 sets of each exercise. Either option gives your muscles enough weekly volume to build strength — choose the schedule that fits your lifestyle.

Active Warm Up

- March in place - Alternate lifting each knee towards your chest. 15 per leg.
- Leg swings - Swing one leg forward and backward. 10 to 15 per leg.
- Butt kicks - Stand tall and kick the heel towards the glutes. 10 to 15 per leg.

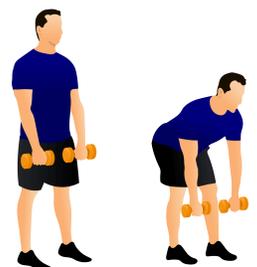
Squats (with or without dumbbells)

- Objective: strengthen the quadriceps, hamstrings, glutes, and calves
- Stand shoulder width apart. Lower until your thighs are parallel to the floor. Start with a chair squat or a half squat if you have pain.
- Perform 2-3 sets of 8-10 repetitions.



Romanian Deadlift (with or without dumbbells)

- Objective: strengthen the hamstrings, glutes, and lower back
- Stand holding dumbbells, slightly bend your knees, and hinge at the hips. Keep the back straight. Lower until you feel a stretch in your hamstrings, then drive through the hips to stand back up.
- Perform 2-3 sets of 8-10 repetitions.



Glute Hip Bridge (with or without weights on lap)

- Objective: strengthen gluteus maximus, hamstrings, pelvis, torso
- Lie on your back with knees bent. Lift your hips to form a straight line from shoulders to knees, squeeze your glutes, hold briefly, then lower back down.
- Perform 2-3 sets of 8-10 repetitions.



Side Lying Leg Raise (with or without resistance band around ankles)

- Objective: strengthen hip abductors
- Lie on your side with your legs straight. Raise the upper leg while maintaining a straight line with your body. Lift it to about 45 degrees, hold it briefly at the top, then gently lower back down.
- Perform 2-3 sets of 8-10 repetitions on each side.



Standing Hip Abduction (with resistance band around ankles)

- Objective: strengthen hip abductors in a weight-bearing position
- Stand tall holding onto a wall or sturdy surface for balance. With a resistance band looped around your ankles, slowly lift the working leg out to the side, keeping your toes pointed forward and your body upright. Lift only as far as you can while keeping your hips level, pause briefly, then slowly return to the starting position.
- Perform 2-3 sets of 8-10 repetitions on each side.



Step Ups (with or without holding dumbbells)

- Objective: strengthen lower extremity muscles, improves balance and stability, addresses imbalances between legs
- Step up onto a sturdy low platform or step with your injured leg first, followed by the other leg. Then step back down, leading with the injured leg. To further challenge yourself, increase the step height or perform the exercise while holding weights.
- Perform 2-3 sets of 8-10 repetitions on each side.



How to Perform Your Stretching Exercises

Listen to your body. If your range of motion is limited, move only as far as comfortable. Do not force any position that causes sharp pain. A stretch should feel like a gentle pull, never sharp pain. If a position is uncomfortable, use a towel for reach or perform a smaller version of the movement—consistency is more important than depth.

Standing Quadriceps Stretch

- Objective: increase mobility of the quadriceps muscle
- Stand on the unaffected leg. Bend your knee bringing your heel towards the glutes. Grasp the ankle with your hand. You should feel a stretch along your thigh muscle.
- Hold this for 30 seconds, repeat on the other side.



Sitting Hamstring Stretch

- Objective: improve flexibility of the hamstrings
- Straighten out the affected leg and bend your other leg inwards. Hinge forward at the hips and reach towards the toes. Keep the leg straight.
- Hold this for 30 seconds, repeat on the other side.



Lying Figure 4 Stretch

- Objective: stretch the piriformis and gluteal muscles
- While lying on your back, lift one foot and put the ankle over your other thigh, just above the knee, forming a figure 4 shape with your legs. Clasp your hands behind your thigh and gently pull it toward your chest. You should feel a stretch in your hip and in the glutes.
- Hold this for 30 seconds, repeat on the other side.

