

Outer Hip Pain (Trochanteric Bursitis)

Greater trochanteric pain syndrome: home exercise program

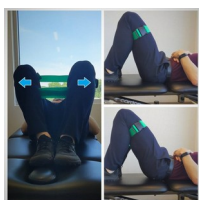
Pain on the outside of your hip usually comes from the gluteal tendons being squeezed against the bone, not from a tight IT band. Treatment has two parts: stop squeezing the tendons, and slowly make them stronger. Most people improve a lot in 3 to 6 months. Avoiding the positions below matters as much as the exercises.

- Don't cross your legs, and don't stand with your weight hanging on one hip.
- Sleep on your back or on your good side with a pillow between your knees. Avoid lying on the sore side.
- Don't stretch your IT band or do figure-4 stretches, and don't foam roll the outer hip. These squeeze the tendons.
- Raise low seats with a cushion. A cane in the opposite hand helps if you limp.

Pain guide: Keep exercise pain at 3 out of 10 or less, and it should be back to your usual level by the next morning. If not, make the exercise easier.

STAGE 1: HOLDS Weeks 0 to 4. Muscle work without movement calms the tendon

Hip Push-Out Hold



Lie on your back, knees bent, with a belt or band just above your knees. Push your knees out into the belt without moving. Hold steady and breathe.

Do: Hold 45 seconds, rest 1 minute. Do 5 holds, 2 to 3 times a day

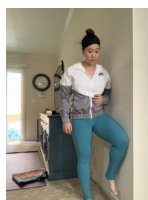
Start at about half effort. Build up over a few weeks.

Bridge



Lie on your back, knees bent, feet flat. Squeeze your buttocks and lift your hips until you are straight from shoulders to knees. Hold 3 seconds, lower slowly.

Do: 15 reps x 3 sets



Wall Push-Out Hold

Stand on your sore leg with your other side about a foot from a wall. Bend the knee nearest the wall and press it into the wall. Stand tall and hold.

Do: Hold 30 to 45 seconds. Do 5 holds

Keep your hips level. Don't let the standing hip drop out.



Stationary Bike

Set the seat so your knee is slightly bent at the bottom. Pedal with light resistance. If you can't go all the way around, rock back and forth.

Do: 15 to 20 minutes, seat raised high, no resistance at first

STAGE 2: BUILD STRENGTH Weeks 4 to 12

Sit to Stand



Sit at the front of a sturdy chair, feet under your knees. Lean forward and stand up, then sit back down slowly.

Do: 10 reps x 2 sets

Use your hands at first if you need to. Work toward not needing them.



Step-Up

Face a step. Put your whole foot on the step and stand up tall on that leg. Step back down slowly.

Do: 10 reps x 2 sets, each side

Start with a 4-inch step. Go higher as you get stronger.

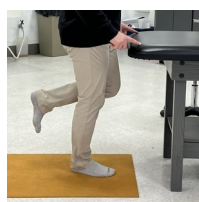


Mini Squat

Hold a counter, feet hip-width apart. Push your hips back and bend your knees a little, like starting to sit. Stand back up.

Do: 15 reps x 2 sets

Go only as low as is comfortable. Keep your knees over your toes.



Single-Leg Balance

Stand next to a counter and lift one foot. Balance as long as you can, touching the counter only if you need to.

Do: 30 seconds, 3 times each side

Harder: close your eyes or stand on a pillow.



Side Band Walk

Put a loop band around your ankles or above your knees. Bend your knees slightly and step sideways, keeping the band tight.

Do: 10 steps each way, 3 times

This program is a guide. Stop any exercise that causes sharp pain and let us know. Questions? Call (425) 656-5060.