

Gluteal Tendinopathy (Lateral Hip Pain)

Pain on the outside of the hip, worse lying on that side, crossing the legs or climbing stairs. Load the tendon progressively and avoid compressing it — this beats a steroid injection at a year.

HIP • GREATER TROCHANTER

1



Isometric Hip Abduction

5 × 30 sec

- Stand side-on to a wall; press the outer leg into it.
- 50% effort, no movement.

2



Side-Lying Hip Abduction

3 × 10 → 3 × 15

- Lift the top leg slowly, slightly back, toes forward.
- Progress to an ankle weight.

3



Glute Bridge

3 × 12

- Feet hip-width; lift the hips.
- Don't let the knees fall out.

4



Sit-to-Stand

3 × 10 → add weight

- Stand slowly from a chair.
- Knees stay over the toes.

5



Step-Up

3 × 10 each

- Step onto a low step, hips level.
- Control the way down.

6



Band Hip Abduction

3 × 12 each

- Band above the ankles; push the leg out.
- Stay tall; no side lean.

HOW OFTEN

Daily. Education matters as much as exercise: no crossing legs, no hanging on one hip, no lying on the sore side — and no stretching of the outer hip.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Severe pain at rest, fever, or pain after a fall — contact us.