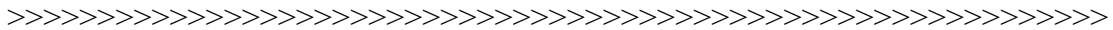


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### Gluteal Tendinopathy

Gluteal tendinopathy presents with lateral hip/buttock pain. Symptoms can occur for many reasons such as; trauma, repetitive use – usually related to sudden increase of exercise, biomechanics, aging and more common in females. Research supports a phased loading programme to reduce your pain and increase the tolerance of your tendons to support return to function.

#### Pacing Physical Activity:

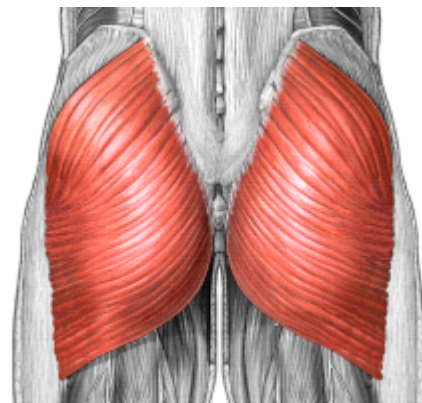
It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify some of your activities to allow your hip some relative rest in the short term. Try to avoid sitting with crossed legs and if needed sleep with a pillow between your knees.

#### Pain management methods:

Speak to your GP/pharmacist about some pain medication if needed  
Cold/Heat packs 10-15 minutes daily and/or after exercise – ensure wrapped in damp towel or through clothing to prevent ice burns

#### Exercises:

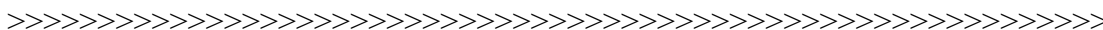
We would recommend you try the following. **If your symptoms increase/worsen then we suggest you seek advice from the physiotherapist and stop exercises if unable to manage.**



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Isometric side leg lift:

- Lying onto your side
- Straighten the top leg
- Lift and hold that leg for 20-30 seconds
- Repeat 3x
- Place a pillow between your knees for resting in between each exercise if needed.



Gluteal Bridging:

- Lying onto your back, knees bent with feet resting on floor
- Squeeze your buttocks and lift up your hips
- Then relax as you lower back down
- Ensure you are slow and controlled with movements

Repetitions.....

