

Lateral Hip And Buttock Pain

Gluteal Tendinopathy is a common cause of lateral hip pain caused by irritation of the gluteus tendon where it attaches to the greater trochanter. The condition can lead to pain that may refer down the outside of the thigh and knee, often aggravated by activities like stairs or lying on the affected side.

Key Rehabilitation Points:

- **Exercise can begin immediately** after diagnosis.
- Rehabilitation is **goal-based**, focusing on functional outcomes.
- It's important to **load the tendon appropriately**.

Exercise Principles:

1. **Decrease Muscle Tone:** Self-massage and stretching to reduce tightness around the hip.
2. **Progressive Strengthening:** Start strengthening early with low-load exercises and progress to dynamic exercises for mechanics and control.
3. **Gradual Return to Activity:** Increase activity by no more than **10% each week** while monitoring symptoms.

Exercises are most effective when guided by a qualified professional, such as a physiotherapist, athletic therapist, or strength and conditioning coach. If you have any concerns, it's always a good idea to consult with an expert.

Level 1

Potential Inclusion Criteria:

- Pain at rest or with basic daily activities
- Pain on the outside of the hip

Goals:





- Reduce pain and inflammation
- Optimize function throughout your day
- Activity modification to maximize rehabilitation but minimize inflammation/irritation

Requirements For Progression:

- 10-14 days of diligent adherence to the program
- Able to tolerate 3 sets of 8 reps with no pain or increase in symptoms

Aerobic Exercise:

Avoid Running, Jumping or any other exercise that provokes symptoms. Continue to exercise with non-weight bearing activities such as swimming or cycling if tolerated.

<div> <div>1. Quadriceps Release (Foam Roller)</div> <div> <div>Duration: 1-3 Minutes</div> <div>Frequency: Daily</div> </div> </div>	
<div>Preparation:</div> <ul style="list-style-type: none"> • Position yourself on foam roller as shown 	
<div>Execution:</div> <ul style="list-style-type: none"> • Roll up and down on the foam roller to release the muscles on the front of the thigh 	<div> <div>  <div>Start Position</div> </div> <div>  <div>If you feel a tender point, you can hold and allow the muscle to relax</div> </div> </div>
<div> <div>2. Thigh Release (Foam Roller)</div> <div> <div>Duration: 1-3 Minutes</div> <div>Frequency: Daily</div> </div> </div>	
<div>Execution:</div> <ul style="list-style-type: none"> • Position foam roll beneath hip, as shown. • Roll along the foam, towards your knee. • Whenever you find a sore spot, pause for as long as you can, to stretch this area out. 	
<div>Note:</div> <p>This exercise is normally quite uncomfortable. If it gets to be too much, give yourself a break.</p>	<div> <div>  <div>Start Position</div> </div> <div>  <div>Roll out along foam</div> </div> </div>

3. Piriformis/External Rotator Stretch | Dynamic

Hold: 20-30 Seconds | **Frequency:** Daily

Preparation:

- Lie on your back with knees bent. Cross the leg you want to stretch over the other knee
- Grab the back of your thigh with your hands

Execution:

- Pull your knees towards your chest
- Feel a gentle stretch in buttock for an instant
- Rock legs back down to the start position. Repeat this motion



Cross leg over knee

Pull knees toward chest

4. Glute Self Release (Ball)

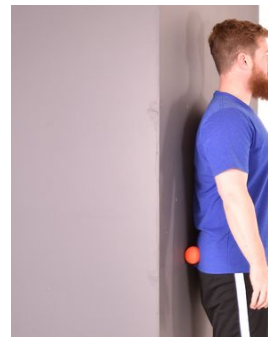
Duration: 1-2 Minutes | **Frequency:** Daily

Preparation:

- Place ball on wall at your glutes

Execution:

- Massage sorest areas



Massage sorest areas

5. Clamshell

Sets: 3 | **Reps:** 8-12 each side | **Hold:** 3-5 Second Hold | **Frequency:** Daily

Preparation:

- Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees.
- Your heels are in line with your buttocks.
- Tilt your hips forward towards the ground slightly.

Execution:

- Lift your knees apart (like a clam opening)



Start position

Lift knees apart

6. Bridge | Arms at Sides

Sets: 3 | Reps: 8-12 | Frequency: Daily

Preparation:

- Lie on your back with arms resting at your sides
- Bend hips and knees, placing feet flat on surface

Execution:

- Lift your hips off the surface to make a bridge
- Lower slowly



Start position



Bridge hips

Level 2

When Can I Start Level 2

- Completed level 1 goals
- Able to tolerate 3 sets of 8 reps without an increase in hip pain

Goals:





- Full Hip ROM
- Increase tolerance to load and strengthening
- Stretches and rolling daily, strength exercises alternate days

Requirement for progression:

- Able to tolerate max sets and reps with no pain or increase in symptoms

Aerobic Exercise:

You can continue to participate in cardiovascular exercise as tolerated. Swimming and cycling are low impact alternative however, longer walks and light jogging can be reintroduced if tolerated.

<div> <div>1. Quadriceps Release (Foam Roller)</div> <div>Hold: 1-3 min Frequency: daily</div> </div>	
<div> <div>Preparation:</div> <ul style="list-style-type: none"> • Position yourself on foam roller as shown <div>Execution:</div> <ul style="list-style-type: none"> • Roll up and down on the foam roller to release the muscles on the front of the thigh </div>	<div> <div>  <div>Start Position</div> </div> <div>  <div>If you feel a tender point, you can hold and allow the muscle to relax</div> </div> </div>
<div> <div>2. Thigh Release (Foam Roller)</div> <div>Hold: 1-3 min Frequency: daily</div> </div>	
<div> <div>Execution:</div> <ul style="list-style-type: none"> • Position foam roll beneath hip, as shown. • Roll along the foam, towards your knee. • Whenever you find a sore spot, pause for as long as you can, to stretch this area out. <div>Note: This exercise is normally quite uncomfortable. If it gets to be too much, give yourself a break.</div> </div>	<div> <div>  <div>Start Position</div> </div> <div>  <div>Roll out along foam</div> </div> </div>

3. Piriformis/External Rotator Stretch

Hold: 30-60 sec | **Frequency:** daily

Preparation:

- Lie on your back with knees bent. Cross the leg you want to stretch over the other knee
- Grab the back of your thigh with your hands

Execution:

- Pull your knees towards your chest
- Feel a stretch in buttock



Cross leg over knee



Pull knees toward chest

4. Glute Self Release (Ball)

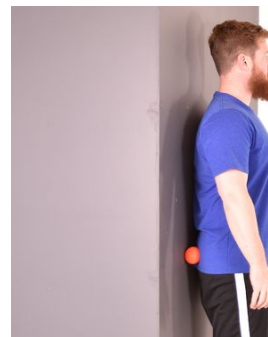
Hold: 1-3 min | **Frequency:** daily

Preparation:

- Place ball on wall at your glutes

Execution:

- Massage sorest areas



Massage sorest areas

5. Clamshell | Sidelying (Band)

Sets: 3 | **Reps:** 8-15 | **Frequency:** alternate days

Preparation:

- Lie on your side with your hips at 45° and your knees at 90°
- Band around your knees

Execution:

- Open your top knee up against the resistance of the band



Hips slightly bent, knees bent to 90 degrees



Open knees up like a clamshell

6. Bridge + LE Stabilization (Band)

Sets: 3 | **Reps:** 8-15 | **Frequency:** alternate days

Preparation:

- Lie flat on your back
- Bend knees with your feet flat on the floor
- Put a resistive band around your knees

Execution:

- Push your knees out against the belt around your legs
- Lift your hips up in the air to make a bridge
- Lower down in a controlled manner



Start Position, band above knees



Lift hips off the floor keeping your knees apart

7. Squat - Arms Neutral

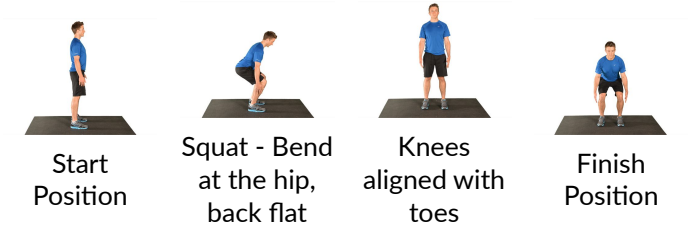
Sets: 3 | Reps: 8-15 | Frequency: alternate days

Preparation:

- Stand with good posture, feet shoulder width apart
- Have arms relaxed by your side

Execution:

- Perform a squat by bending at the hip
- Rise up by straightening at the hip



Level 3

When Can I Start Level 3

- Completed level 2 goals
- Able to tolerate max sets and reps without an increase in pain or symptoms
- Stretches and rolling Daily, strength exercises alternate days

Goals:

- Increase tolerance to load and strengthening

Aerobic Exercise:

Continue gradual return to running or other high level activities as long as no pain or symptoms are present before or during activity. Continue swimming and cycling as desired.

1. Quadriceps Release (Foam Roller)

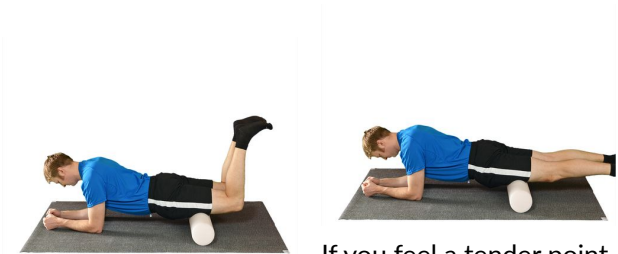
Hold: 1-3min | Frequency: daily

Preparation:

- Position yourself on foam roller as shown

Execution:

- Roll up and down on the foam roller to release the muscles on the front of the thigh



Start Position

If you feel a tender point, you can hold and allow the muscle to relax

2. Thigh Release (Foam Roller)

Hold: 1-3min | Frequency: daily

Execution:

- Position foam roll beneath hip, as shown.
- Roll along the foam, towards your knee.
- Whenever you find a sore spot, pause for as long as you can, to stretch this area out.

Note:This exercise is normally quite uncomfortable. If it gets to be too much, give yourself a break.



Start Position

Roll out along foam

3. Glute Self Release (Ball)

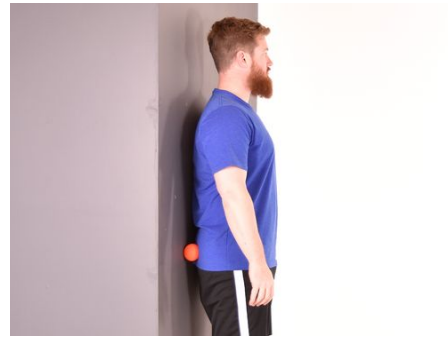
Hold: 1-3min | **Frequency:** daily

Preparation:

- Place ball on wall at your glutes

Execution:

- Massage sorest areas



Massage sorest areas

4. Piriformis/External Rotator Stretch

Hold: 30-60 sec | **Frequency:** daily

Preparation:

- Lie on your back with knees bent. Cross the leg you want to stretch over the other knee
- Grab the back of your thigh with your hands

Execution:

- Pull your knees towards your chest
- Feel a stretch in buttock



Cross leg over knee



Pull knees toward chest

5. Bridge | Single Leg - Hip and Knee 90/90, Arms Flat

Sets: 3 | **Reps:** 8-15 | **Frequency:** alternate days

Preparation:

- Lie on your back with arms stretched out and away from sides
- Feet flat with knees bent
- Now lift one leg up with hip and knee bent to 90 degrees

Execution:

- Lift your hips off the surface to make a bridge
- Lower slowly



Start position



Bridge hips

6. Single Leg Squat

Sets: 3 | **Reps:** 8-15 | **Frequency:** alternate days

Preparation:

- Stand with good posture on one leg

Execution:

- Begin to squat with one leg by bending at the hip and knee
- Return by straightening at the hip



Start position



Squat - Keep opposite leg knee bent



Front view



Knee in line with toes!

7. Monster Walk (Band)

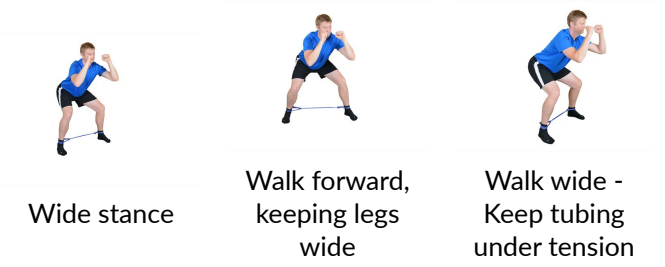
Sets: 3 | Reps: 8-15 | Frequency: alternate days

Preparation:

- Attach tubing to ankles as shown
- Wide stance, knees and hips slightly bent

Execution:

- Perform a partial squat
- Walk forward, keeping legs wide
- Keep tension on tubing throughout the whole exercise



8. Runner's Step Up

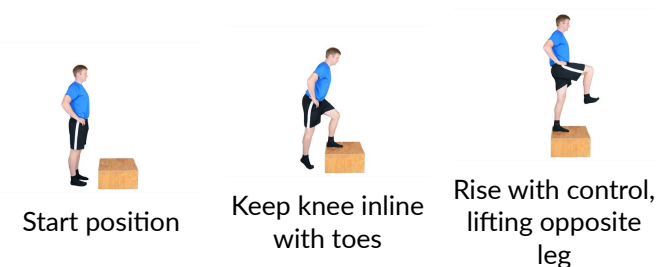
Sets: 3 | Reps: 8-15 | Frequency: alternate days

Preparation:

- Stand in front of a box or step that is below the level of the knee

Execution:

- Step up onto the box and bring the opposite leg up towards your chest
- Lower down in a controlled manner
- Repeat, alternating legs



Return To Activity / Achieving Your #RISEABOVE Goal(s)

The return to activity and sport-specific training should be tailored to each individual, as recovery and progression will vary based on factors like the severity of symptoms, fitness level, and the demands of the sport. It's crucial to consult with experts, including a physiotherapist, coach, athletic therapist, or strength and conditioning coach, who can provide personalized guidance and ensure a safe and effective recovery plan.

Their expertise will help you progress at a pace that's right for you while minimizing the risk of reinjury and ensuring proper technique as you return to activity.