Greater Trochanteric Pain Syndrome
Exercise
It may take up to 12 weeks of exercise rehabilitation to make a significant improvement in the symptoms but you should see some gradual improvements along the way. A physiotherapist may suggest some exercises to strengthen the muscles around the hip.

Exercise 1
Hip abduction
Lie on the non-painful side. Support upper hip with hand. Lift the top leg. Keeping it in a straight line with your body, hold for 10 seconds and slowly lower.

Aim for three sets of 10 reps

Watch a video of this exercise here.
Exercise 2
Bridging
Lie on your back with your knees bent and your feet flat. Clench your buttocks and push your hips upwards. Hold the position for five seconds. Slowly lower.

Aim for three sets of 10 reps.

Watch a video of this exercise here.
Exercise 3
Squats
Stand with the feet just wider than shoulder width and your back straight. Squat down within limits of comfort then return to standing. **Aim for three sets of 10 reps.**

Watch a video of this exercise here.

Exercise 4
Lunges
Start with a wide stance. Bend the back knee towards the floor, but don’t let it touch. Keep your back upright throughout and don’t let the front knee pass the toes. **Aim for three sets of 10 reps.**

Watch a video of this exercise here.
Exercise 5
Single Leg Squat
Stand on one leg with your other leg bent in front of you. Bend through your hip and knee of your stance leg so that you perform a squat until you reach 90 degrees with your knee. Return to the starting position. **Aim for three sets of 10 reps.**

Exercise 6
Forward Step Up
Stand in front of a step with one foot placed on top of the step. Push up through the front leg until you achieve an upright position and then return to the starting position. **Aim for three sets of 10 reps.**
Exercise 7
Side Stepping
Standing upright. Side step along a line. After 10 metres, reverse the direction of side stepping.
Aim for three sets of 10 reps

Exercise 8
Single Leg Bridging
Lie on your back with knees bent up and feet on the floor. Straighten one leg keeping the knees together. Push down through your heel lifting your hips off the floor.
Aim for three sets of 10 reps.
Start by exercising gradually and build up over time. As with any physical activity it is normal to feel some discomfort or aching in your muscles after exercising but you should stop if you get any joint pain that does not go away quickly.

If you have any questions about exercising, ask your GP or physiotherapist.

For more information visit

www.nwbh.nhs.uk/msk-physio