

Gluteal Tendinopathy

Advice

Gluteal tendinopathy, also known as gluteal or greater trochanteric bursitis, is an inflammation of the tendon which attached the buttock muscles to the side of the hip. This can either be an acute episode (shorter than 3 months) or a persistent issue (longer than 3 months). It is thought to be caused by repeated stresses and tiny injuries to the tendon. These may occur for a number of reasons including overuse of the tendon.

Treatments include rest, ice, pain killers and exercises to help the tendon recover and associated muscles strength.

What can I do to help?

Rest: It is usually best to try to carry out your normal activities in small amounts, however you mustn't overdo it. You need to take things slowly, pace your activities and avoid activities that make your pain worse.

Ice: Applying an ice pack to the outside of your hip may be helpful for reducing pain. A packet of frozen peas wrapped in a tea towel works well as an ice pack. Leave the peas in place for no more than 20 minutes at a time. This can be repeated several times a day.

Pain relief: Simple painkillers (like paracetamol) or non-steroidal anti-inflammatory drugs, NSAIDS, (like ibuprofen) are available over the counter and can be very effective but don't use them for more than 2 weeks without seeking medical advice. You should carefully read the Patient Information Leaflet that is provided with this medication.

It is advisable to consult your GP or pharmacist before taking additional pain relief if you are currently:

- taking any form of medication
- have any other pre-existing medical conditions
- pregnant

Exercise: It is important to keep exercising a painful tendon in a non-painful way. This will help stimulate the tendon then become stronger and less painful in time. Exercise will also maintain the strength of the muscles around your hip.

Exercises to try:

Please try each one 10-15 times, 2-3 times a day. Some discomfort is normal as you may be moving muscles which are tight or stiff, however it is unhelpful if this pain continues for more than 30 minutes following your exercises. If this is the case, please reduce the distance you move or the duration of the hold. If your pain continues to worsen, please stop the exercises.

1. Bridge



Lie on your back with your knees bent and feet flat on the floor.
Cross your arms over your chest.

Tilt your pelvis so that your lower back is pressing into the bed then lift your hips up towards the ceiling by squeezing your buttock muscles.

Lift your hips until there is a straight line between your knees and shoulders or as high as you can.

Slowly lower back down to starting position.

2. Hip abduction in side lying



Lie on your side with the hip you want strengthening on top. Bend your bottom leg and straighten your top leg.

Slowly lift your leg up and down.

3. Hip extension in 4 point kneeling



On all-fours. Lift your knee and extend your leg as far as comfortable. Hold this position for 3 sec.

Return to the start position. Then repeat with the opposite leg.