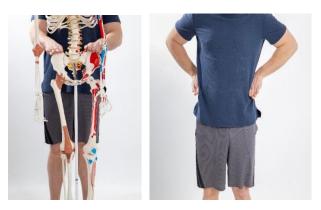
How to self-treat pain on the side of your hip (trochanteric bursitis, gluteal tendinopathy, etc.)

Treatment Suggestions:

- Avoid repetitive activities that put stress on hips.
- Correct leg length discrepancies. Especially if discrepancy is ½ inch or more. Measure by standing with knees straight and comparing top of the pelvis on both sides of the body.



 Standing correctly: Avoid leaning excessively on one side. Place a strip of tape behind the knee of the leg on which you tend to lean (with knee slightly flexed). Whenever you attempt to straighten the knee when leaning on it- the tape will pull and remind you to even out your weight.



• Sitting correctly: Avoid leaning on one side. Avoid crossing your legs. Avoid sitting uneven.



• Sleeping correctly: Avoid sleeping on painful side. If you sleep on nonpainful side place pillow between knees for support.



• Use of Cane. Use cane in opposite hand from painful hip.



Treatment Exercises:

• Isometric abd (supine on pillow) Use belt for isometric exercise.



• Standing isometric: Use belt for isometric exercise.



• Reverse clamshell:



• Reverse Clamshell with hip abduction



• Revere Clamshell with hip extension



• Pelvic drop: off step PHOTO A and B



• Side lying plank with hip abduction.

