

## 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



- Reverse Clamshell with hip extension



- Pelvic drop: off step PHOTO A and B



- Side lying plank with hip abduction.

