

Trochanteric Bursitis Rehabilitation Exercises

You can begin stretching the muscles that run along the outside of your hip using exercises 1 and 2. You can do strengthening exercises 3 through 5 when the sharp pain lessens.

1. Piriformis stretch: Lying on your back with both knees bent, rest the ankle of your injured leg over the knee of your uninjured leg. Grasp the thigh of your uninjured leg and pull that knee toward your chest. You will feel a stretch along the buttocks and possibly along the outside of your hip on the injured side. Hold this for 30 seconds. Repeat 3 times.



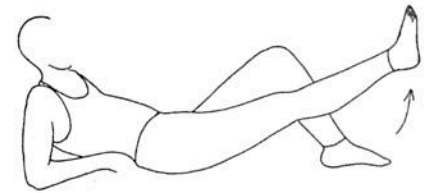
Piriformis stretch



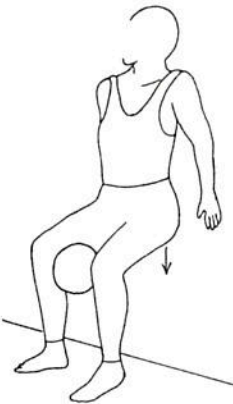
Iliotibial band stretch

2. Iliotibial band stretch: Standing, cross your uninjured leg in front of your injured leg and bend down and touch your toes. You can move your hands across the floor toward the uninjured side and you will feel more of a stretch on the outside of your injured leg. Hold this position for 30 seconds. Return to the starting position. Repeat 3 times.

3. Straight leg raise: Lie on your back with your legs straight out in front of you. Tighten up the top of your thigh muscle on the injured leg and lift that leg about 8 inches off the floor, keeping the thigh muscle tight throughout. Slowly lower your leg back down to the floor. Do this 10 times. Do 3 sets of 10.



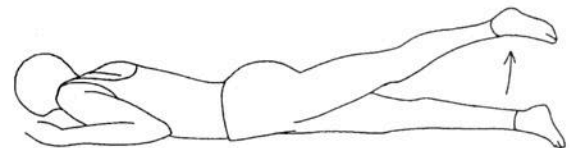
Straight leg raise



Wall squat with a ball

4. Wall squat with a ball: Stand with your back, shoulders, and head against a wall and look straight ahead. Keep your shoulders relaxed and your feet 1 foot away from the wall and a shoulder's width apart. Place a rolled up pillow or a nerf ball between your thighs. Keeping your head against the wall, slowly squat while squeezing the pillow or ball at the same time. Squat down until you are almost in a sitting position. Your thighs will not yet be parallel to the floor. Hold this position for 10 seconds and then slowly slide back up the wall. Make sure you keep squeezing the pillow or ball throughout this exercise. Do 10 repetitions and build up to 3 sets of 10.

5. Gluteal strengthening: Lie on your stomach with your legs straight out behind you and tighten up your buttock muscles. Lift your injured leg off the floor, keeping the knee straight. Lift your leg about 6 to 8 inches off of the floor, hold for 3 seconds, and slowly return your leg to the floor. Do 3 sets of 10 repetitions.



Gluteal strengthening