

Exercise plan:
GTPS Moderate Exercises

Patient:
--

Date:
24th Apr 2020



GLUTEAL TENDINOPATHY Isometric abduction

Lying on your back, knees slightly wider than hips with a pillow under the knees.

Tie a belt/scarf around lower thighs.

Gently start to move your knees apart, but only enough to just take up the slack in the belt/scarf.

You should just be aware of a gentle tension at the side of your hips/buttocks.

Hold for 5-10 | Repeat 15 times | Perform 3 times daily



GLUTEAL TENDINOPATHY Offset bridging

Bend your knees, bringing one foot in closer to the buttock, and place the other foot further away.

Slowly lift your bottom up as high as is comfortable, pause and lower

Hold for 5 | Repeat 15 times | Perform 3 times daily



GLUTEAL TENDINOPATHY Offset squats

Keeping your legs hip width apart, slide your better leg backwards, keeping your weight mainly in your front leg, which is directly under the hip.

Bend your knees to move into the squat, pause and return to standing.

Keep your knees facing straight ahead and your pelvis level. Do not let your pelvis sway or sag out to the side.

If you are struggling to balance you can place a hand onto a wall at shoulder height.

Hold for 5 | Repeat 15 times | Perform 3 times daily

GLUTEAL TENDINOPATHY Weight bearing abductor loading

Start in standing with your hands on your hips as shown.

Move the leg out to the side and step onto it.

The focus should be on a controlled push from one side and landing softly and with control on the other. Aim to keep the pelvis level.

The trunk should remain upright and the knee caps facing straight ahead.

When stepping together, only step back to hip width apart. Do not bring ankles together.

Hold for Perform Slowly | Repeat 15 times | Perform 3 times daily

