

Exercise plan:
GTPS Advanced Exercises

Patient:
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Date:
24th Apr 2020



Supine Bridge Hard

Lie flat on your back with your arms by your side, and with your knees bent. Squeeze your bottom muscles and lift your back upwards and straighten one leg. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

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

Video: <http://youtu.be/x-b9yvFzLqk>

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1/2 Squat Single Leg

Stand on one leg, and bend your knee to the 1/2 squat position. Make sure when you squat you keep the middle of your knee cap in line with the middle toes of your foot. Do not let your knee drift off to one side. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

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

Video: <http://youtu.be/lZzdJo-rDXl>

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GLUTEAL TENDINOPATHY Single leg step ups

Place one foot up on a step directly in front of the hip, not in the midline.

Start with hand support opposite the foot on the step.

Slowly lunge forward over the foot, keeping the kneecap straight ahead, directed over 2nd-3rd toe.

Push up onto the step by squeezing the buttock. Don't let the hips sway out to the side.

Ensure the hips are level and you think about keeping a straight line down the side of your body. Keep the knee facing straight ahead.

Step back down again with the trail leg first – ie last foot up, first foot down, so the leg placed on the step first is doing all the work.

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