

Exercise plan:
GTPS exercises - MODERATE

Patient:
CHCP WEBSITE EXERCISES

Date:
15th Jan 2024

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

Hip Abduction with Band Supine 2

Tie an exercise band around your ankles, and gently pull your legs open to create tension in the band. This exercise strengthens the outside of your thighs and buttock muscles.

Sets: 3 | Repetitions: 5-15 | Days per week: 5-7

Video: <http://youtu.be/09nkmQyOJF8>



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Sit-Down Chair Squat

Stand up, and position yourself in front of a chair or stool. Bend your knees to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. 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.

Sets: 3 | Repetitions: 5-15 | Days per week: 5-7

Video: <https://youtu.be/Z20XNb0VdEk>



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Partial 1/4 Lunge

Take a step forwards, and bend your front knee a little as your back knee drops towards the floor. Always keep good alignment: your knee should stay over the 2nd ray of your foot, and never let your knee drop inwards. Only go as far as feels comfortable and do not go into a full lunge position. This is a lower limb strengthening exercise.

Sets: 3 | Repetitions: 5-15 | Days per week: 5-7 | Both sides

Video: <https://youtu.be/w9rg59qn1UY>



Hip Abduction Gluteus Medius Standing

Stand up next to a table, chair or wall, and take your leg out to the side, and back to neutral. Repeat as required. You can also hold the leg out to the side and maintain this position. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.

Sets: 3 | Repetitions: 5-15 | Days per week: 5-7

Video: <http://youtu.be/znJenEMJaZk>