

## **Greater Trochanteric Pain Syndrome**

**If any exercises cause pain or discomfort more than a 5/10 please stop. It should be tough, but not painful.**



### **Stage One**

Repeat ([Hip Abduction Isometrics](#)) multiple times per day until you are able to hold the position for 45 seconds. Only then can you move to Stage Two.

### **Stage Two**

Repeat the same exercise but make sure you can now also achieve a 45 second hold against the wall standing up. Once achieved, move onto Stage Three.

### **Stage Three**

[Glute Bridge](#) – Start with doing 2-3 sets per day of the maximum repetitions you can. Work up towards 3 sets of 15 repetitions.

### **Stage Four**

#### **Daily Exercises:**

[Hip Abduction Lifts](#) – Build up to 3 sets of 15 reps

[Side Drops](#) – Build up to 3 sets of 15 reps

[Single Leg Glute Bridge](#) – Build up to 3 sets of 8 reps

Once you reach this stage, speak to us in Clinic to get the next best steps for you as we will now tailor the rest of your program specific to your needs.