

# LATERAL HIP PAIN

Gluteal Tendinopathy  
and Trochanteric Bursitis



**Recent LEAP trial published in British Medical Journal:**

**PHYSIOTHERAPY**  
(Education plus exercise)

VS

**CORTISONE INJECTION**

VS

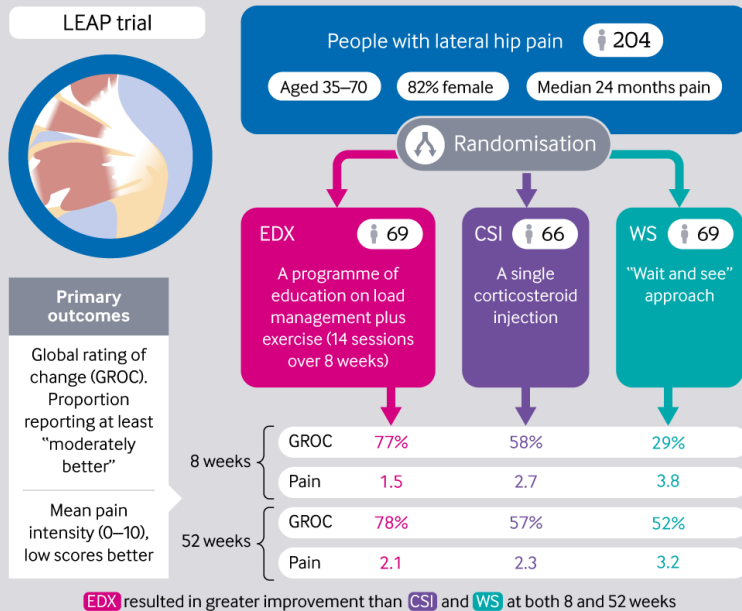
**WAIT + SEE FOR LATERAL HIP PAIN**

(gluteal tendinopathy +/- trochanteric bursitis).

thebmj Visual Abstract



## Gluteal tendinopathy: Comparison of 3 approaches

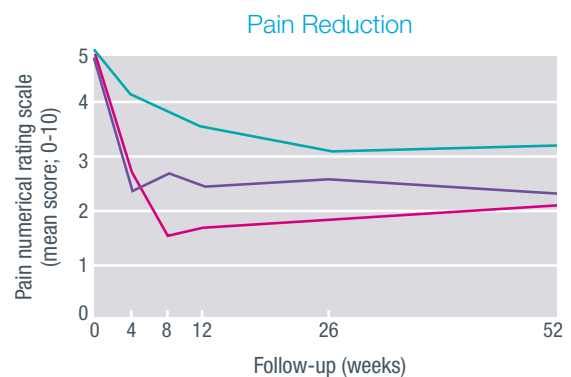
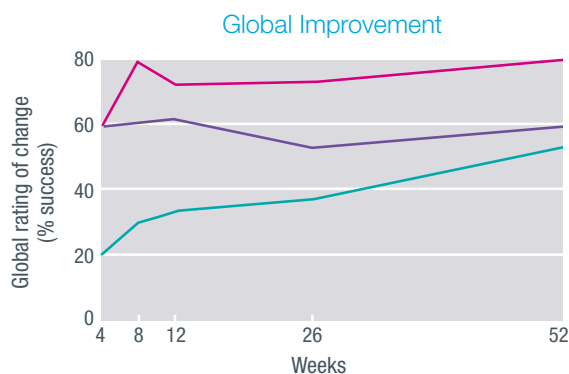


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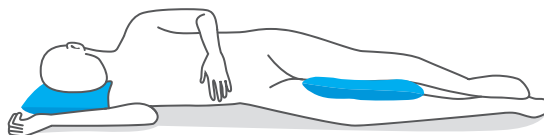


## PHYSIOTHERAPY CONSISTS OF



### EDUCATION

Avoiding compressive positions which worsen gluteal tendinopathy/trochanteric bursitis, appropriate activity modification, appropriate load progression.



POSITIONS TO AVOID FOR AT LEAST 2 WEEKS	ALTERNATIVE POSITIONS
Deep Sitting/Sitting in a low chair	High sitting (e.g. on a stool, wedge cushion or pillows) Sitting with affected leg over edge of chair Recline
Sitting cross legged	No alternative. Avoid.
"Lazy" Standing (standing with leg across body in adduction)	Stand straight
Prolonged Deep Squatting (e.g. during gardening)	Kneeling on affected side if able
Knee to Chest and Across Body Stretches	Self-massage, Physio
Lying on affected side	Lie on opposite side, or on back. If lying on opposite side, place a pillow between knees.



### EXERCISE

*4-6 exercises performed daily, including:*  
Hip extensor, abductor, external rotation strengthening and graduated functional loading exercises.



## ELIGIBLE PATIENTS

*We accept all categories of patients including:*

- Medicare EPC (Bulk Billed at Kwinana, Bulk Billed on request at Aubin Grove)
- Workers Compensation, ICWA (Bulk Billed)
- Department of Veterans Affairs (Bulk Billed)
- NDIS (Bulk Billed once approved by NDIS - we arrange this)
- Private Patients - Fees Apply, Private Health Fund rebates on-site

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