

GREATER TROCHANTERIC BURSITIS - HIP BURSITIS

PIRIFORMIS STRETCH



DESCRIPTION

Lay on your back with your knees bent. Cross your affected leg over the other and pull unaffected leg towards you until stretch is felt in buttock/hip of top leg.

HOLD 20 SECONDS

REPEAT 3 TIMES

PERFORM 2-3 TIMES DAILY

HIP ABDUCTION



DESCRIPTION

Lay on unaffected side with unaffected leg bent. Holding your affected leg straight and keeping hips “stacked” on top of each other use the muscles on the side of your hip to raise the leg towards the ceiling.



PERFORM 3 SETS OF 10 REPS

REPEAT ONCE DAILY