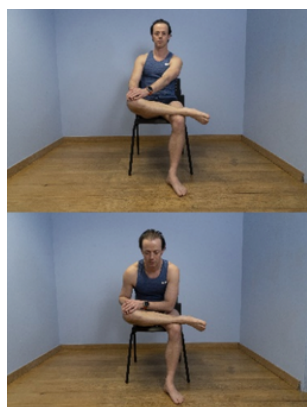


Trochanteric Bursitis

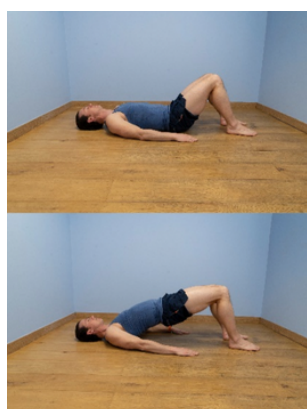
Early Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



1. Piriformis stretch in sitting

- Begin by sitting on a kitchen chair (not too soft).
- Bring the left foot onto the top of the right knee.
- Now gently apply some downward pressure to the left knee.
- Once you have done this slowly lean forwards until you feel a stretch in the bum muscle on the left side.
- Repeat on the other leg.
- **Hold the position for up to 30 seconds, rest for 1 minute.**
- **Repeat routine twice.**



2. Bridge in lying

- Lie on your back on the floor or bed with your knees bent at 90 degrees, your feet on the floor, and your arms down by your side.
- Lift your hips off the floor. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders.
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- Hold at the top for 5 seconds.
- Push up as far as you feel comfortable, and pain and stiffness allow.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Forward Bending and arching in standing

- Start standing upright.
- Place your hands on your thighs.
- Slide your hands down your legs, allowing your back to bend as you do.
- Go down as far as you feel comfortable and then slowly return to standing.
- Now continue until you arch backwards, moving the hips forwards as you do.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.