

Trochanteric Bursitis & Gluteal Tendinopathy

Patient Video Exercise Directory with Instant-Access QR Codes (LEAP Trial Protocol)

How to Use This Directory: Point your smartphone or tablet camera at the QR code next to any exercise to instantly open a high-quality physical therapy video demonstration. Each video highlights correct body alignment, movement speed, and key mistakes to avoid during your home rehabilitation program.

PHASE 1: PAIN RELIEF & ISOMETRIC ACTIVATION (LOW COMPRESSIVE LOAD)

1. Double-Leg Glute Bridge

PHASE: Phase 1 — Low Compressive Load / Isometric Activation

Technique: Lie on your back with knees bent and feet flat on the floor, hip-width apart. Squeeze your buttocks and lift your hips until your body forms a straight line from knees to shoulders. Hold at the top without arching lower back.

Dosing: Hold 5–10 seconds | 8–12 repetitions | 2–3 sets daily

Video Tutorial: "Glute Bridge Exercise Technique & Form Guide"

<https://www.youtube.com/watch?v=1AKWmWAZddE>



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PHASE 2: PROGRESSIVE ABDUCTOR STRENGTHENING (MODERATE LOAD)

2. Side-Lying Hip Abduction (Anterior Log-Roll)

PHASE: Phase 2 — Targeted Gluteus Medius Load (Minimal TFL)

Technique: Lie on your uninjured side with your pelvis rolled slightly forward (10–15° anterior log-roll). Keep your top leg straight and toe pointing forward or slightly down. Raise your top leg 15–20° without letting hip rotate backward.

Dosing: 10–12 repetitions | 2–3 sets | 3–4 days per week

Video Tutorial: "How to Do Side Lying Hip Abduction Correctly"

<https://www.youtube.com/watch?v=CTmFNSDJTR8>



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3. Modified Neutral Clamshell

PHASE: Phase 2 — Controlled Gluteal Activation

Technique: Lie on your uninjured side with knees bent at 45° and hips extended into neutral (0° flexed). Keeping heels together, raise your top knee 20–30° upward while maintaining pelvic stability and avoiding backward hip tilt.

Dosing: 10–12 repetitions | 2–3 sets | 3–4 days per week

Video Tutorial: "Modified Neutral Clamshell Exercise Demonstration"

<https://youtu.be/qZpRIQU2Cb4>



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4. Standing Hip Abduction (Table / Cabinet Support)

PHASE: Phase 2 — Weight-Bearing Controlled Abduction

Technique: Stand upright next to a sturdy table or cabinet, placing both hands on the surface for balance. Keeping torso erect and pelvis level, smoothly lift your outer leg sideways (15–20° abduction) with toe pointing forward or slightly inward.

Dosing: 10–12 repetitions per side | 2–3 sets | 3–4 days per week

Video Tutorial: "How to do a Standing Hip Abduction with Support"

<https://www.youtube.com/watch?v=xUxWsvWj3Go>



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PHASE 3: FUNCTIONAL & WEIGHT-BEARING STRENGTH (HIGHER LOAD)

5. Controlled Low-Step Step-Up

PHASE: Phase 3 — Functional Closed-Chain Strength

Technique: Stand facing a low step (4–6 inches). Step up with the affected leg, pressing through the midfoot/heel while maintaining pelvis level. Keep knee aligned over 2nd toe without inward collapse (valgus).

Dosing: 8–10 repetitions | 2–3 sets | 3 days per week

Video Tutorial: "Proper Way to Perform a Step-Up!"

<https://www.youtube.com/shorts/895-a3sr8RA>



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6. Standing Hip Hike on Step

PHASE: Phase 3 — Advanced Frontal Plane Pelvic Control

Technique: Stand on one foot on the edge of a step with the opposite leg hanging off. Keep standing leg straight (knee unlocked). Slowly lower non-weight-bearing hip, then squeeze standing glute to elevate hip above neutral.

Dosing: 8–12 repetitions | 2–3 sets | 3 days per week

Video Tutorial: "Gluteus Medius Strengthening - Standing Hip Hikes Tutorial"

<https://www.youtube.com/watch?v=V6swLhJYULg>



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