

Gluteal Tendinopathy Exercises Handout

Patient Name: _____ Date: _____ dd / mm / yyyy

Practitioner: _____

STEP 1: BASELINE ASSESSMENT AND CONTRAINDICATION SCREENING

Single-leg stance duration (seconds): _____

Modified Thomas test for hip flexor tightness

Positive Negative

FABER test for hip abductor weakness

Positive Negative

Contraindications identified

- Acute inflammation (use ice and modification first)
- Neurological symptoms (refer)
- Imaging findings requiring specialist input
- None

Starting exercise phase determined: _____

STEP 2: PHASE 1 EXERCISES (WEEKS 1-2): PAIN MANAGEMENT AND INITIAL LOADING

Isometric hip abduction holds: 5-10 second holds, 3 sets of 10 repetitions, once daily

Position

Side-lying Standing at the wall

Lateral band walks with resistance loop tolerated

Yes No

Baseline pain level (0-10): _____

Pain during exercise should remain below 3/10 and return to baseline within 2 hours

Lower Extremity Functional Scale score: _____

STEP 3: PHASE 2 EXERCISES (WEEKS 3-6): PROGRESSIVE STRENGTHENING

Eccentric loading exercises: side-lying leg lifts, standing hip abduction with resistance bands. 3 sets of 12-15 repetitions, 3-4 times weekly.

Single-leg stance duration (30-60 seconds): _____

Unstable surface progression (foam pad) tolerated

Yes No

If pain worsens or function plateaus, reduce volume and extend phase by 1-2 weeks

Pain level during Phase 2 (0-10): _____

STEP 4: PHASE 3 EXERCISES (WEEKS 7-8): FUNCTIONAL AND RETURN-TO-ACTIVITY TRAINING

Task-specific movements for return-to-activity goals

For runners: single-leg deadlifts, lateral lunges, step-ups (8-10 reps per leg, 3 sets)

For desk workers: sit-to-stand transitions with gluteal activation, hip bridge holds (3 sets, 60-second holds)

Dynamic activities: short walking intervals progressing to light jogging on grass (pain-controlled)

STEP 5: MONITORING COMPLIANCE AND PROGRESSION

Schedule weekly reviews or bi-weekly telehealth check-ins

Exercise compliance

Pain patterns

Functional improvements

Exercises tolerated best

Week 2: Single-leg stance duration (seconds): _____ Week 4: Single-leg stance duration (seconds): _____

Week 6: Single-leg stance duration (seconds): _____ Week 8: Single-leg stance duration (seconds): _____

All return-to-activity criteria met

Yes No

Transition to maintenance exercise and long-term self-management discussed

Practitioner Signature

Date: _____ dd / mm / yyyy