

HOME TRAINING FOR TROCHANTERIC PAIN SYNDROME

- ***Piriformis Stretch*** Lie on your back with both knees bent and the foot of the uninjured leg flat on the floor. Rest the ankle of your injured leg over the knee of your uninjured leg. Grasp the thigh of the uninjured leg, and pull that knee toward your chest. You will feel a stretch along the buttocks and possibly along the outside of your thigh on the injured side. Hold this stretch for 30 to 60 seconds. Repeat 3 times.
- ***Iliotibial Band Stretch Standing***. Cross your uninjured leg in front of your injured leg, and bend down and touch your toes. You can move your hands across the floor toward the uninjured side, and you will feel more stretch on the outside of your thigh on the injured side. Hold this position for 30 seconds. Return to the starting position. Repeat 3 times.
- ***Straight Leg Raise*** Lie on the floor on your back, and tighten up the top of the thigh muscles on your injured leg. Point your toes up toward the ceiling and lift your leg up off the floor about 10 inches. Keep your knee straight. Slowly lower your leg back down to the floor. Repeat 10 times. Do 3 sets of 10.
- ***Wall Squat With Ball*** Stand with your back, shoulders, and head against a wall, and look straight ahead. Keep your shoulders relaxed and your feet 1 (one) foot away from the wall, shoulder-width apart. Place a rolled-up pillow or a ball between your thighs. Keeping your head against the wall, slowly squat while squeezing the pillow or ball at the same time. Squat down until your thighs are parallel to the floor. Hold this position for 10 seconds. Slowly stand back up. Make sure you are squeezing the pillow or ball throughout this exercise. Repeat 20 times.
- ***Gluteal Strengthening*** To strengthen your buttock muscles, lie on your stomach with your legs straight out behind you. Tighten your buttock muscles, and lift your injured leg off the floor 8 inches, keeping your knee straight. Hold for 5 seconds and then relax and return to the starting position. Repeat 10 times. Do 3 sets of 10.