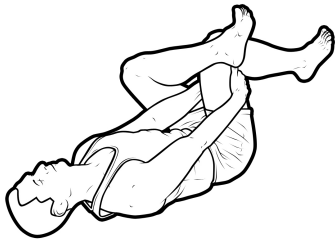


# LATERAL HIP PAIN (GTPS)

## STRETCH AND STRENGTH



### GLUTEAL STRETCH

Lie on your back and cross you ankle over your opposite knee. Now, bend your leg up towards you as far as you can. Grasp behind your knee with both hands and pull your leg towards your chest until you feel a stretch in your gluteals. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 1 x day

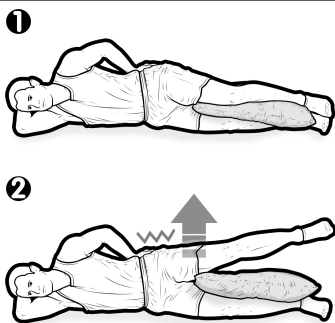


### ITB STRETCH

Stand side on to wall resting against arm and cross the leg closest to wall behind the other leg and away from the wall. Bend your front knee slightly. Keeping the back leg straight, lean your hip towards the wall and your upper body away from the wall until you feel a stretch in the hip closest to the wall. Hold for 30-60 seconds.

SETS & REPS:

FREQUENCY: 1 x day

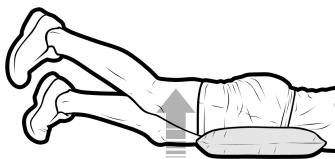


### DEEP GLUTEAL STRENGTHENING

Lie on your side with your hips and knees slightly bent and pillow between your legs (1). Feel the muscle just behind your hip bone contract as you prepare to slowly lift your leg up off the pillow (about 30°) without rotating the leg (2). Hold for 5 secs then lower and repeat.

SETS & REPS: 2 10

FREQUENCY: 4 x week

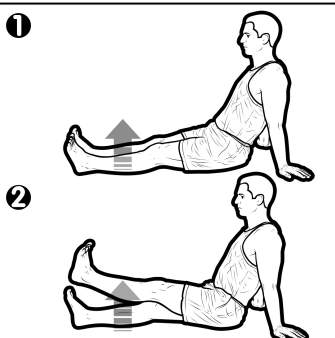


### PRONE HIP EXTENSION

Lying face-down with a pillow under your hips, contract your gluteals and slowly raise your leg off the floor with your knee straight. Slowly lower and repeat. Ensure you maintain the gluteal contraction and do not over-extend the lower back during the exercise.

SETS & REPS: 2 x 10

FREQUENCY: 4 x week



### STRAIGHT-LEG RAISE

Sitting on the floor with legs straight and leaning back on your hands (1). Tighten your thigh muscles as hard as possible to straighten your knee then lift the straight leg up off the floor and hold in the air for 3 seconds. Lower and repeat.

SETS & REPS: 2 x 10

FREQUENCY: 4 x week