




# Gluteal Tendinopathy

## A Research Based Approach to Managing Lateral Hip Pain

Gluteal Tendinopathy causes pain in the tendons that attach to the side of the hip. This can affect walking, sleeping, sitting, climbing stairs, and even standing.

Research has shown that the right mix of physiotherapy-led exercise and education is the most effective way to manage this condition in the short *and* long term.

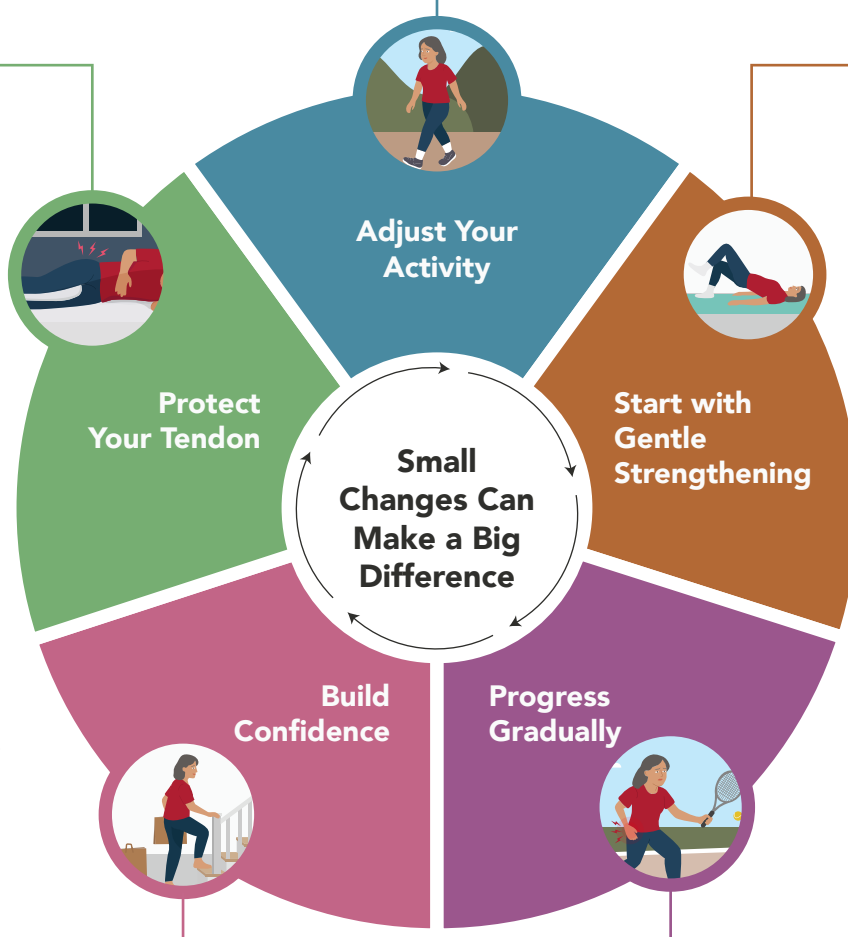
### Education + Exercise Works

-  Understand your condition so you can manage symptoms.
-  Change daily habits that put extra stretch or pressure on the tendon.
-  Gradually build strength so you can move again without fear.

Reduce or modify activities that make your pain worse. Setbacks may occur. Keep moving in ways that feel manageable. Stopping all activity can delay recovery.

Making some small changes in how you move, rest, sit and stand can reduce stress on the tendon.

Pain doesn't always mean damage. Setbacks may occur. Tendons can improve again with the right amounts of load.



To learn more, watch our video at <https://youtu.be/IcMEjzV4vBM> or scan QR Code