

Gluteal Tendinopathy

Information for Patients



This leaflet has been written to give you the right information about gluteal tendinopathy and what you can do to help with your recovery.

What is gluteal tendinopathy?

Gluteal tendinopathy refers to an irritation of the tendons (which attach muscle to bone) from your gluteal muscles (bottom muscles) to the top of your femur (thigh bone). It is not a dangerous condition.

What causes gluteal tendinopathy?

Gluteal tendinopathy is a common complaint and is often associated with a change in the amount of work you might be asking or have asked of the hip and the tendons that attach around it.

In most cases, either doing more of something (walking or running), doing something new or different (new job or hobby) or simply doing less and then getting back into activity (e.g. heavy gardening in the spring after doing less in the winter) can be enough to cause an irritation.

What are the common symptoms?

Pain: Gluteal tendinopathy will typically cause discomfort around the outside of the hip but this may travel down the outside of the leg to the knee or buttock. Discomfort is often noticed when walking, lying on the problem side or touching the problem area.

Limited day-to-day activities: Gluteal tendinopathy will often have an impact on your ability to do normal day-to-day activities. It might be that the discomfort affects how long you can do something or your leg seems to tire more quickly than normal.

What can I do to help myself?

Calm it down: At the moment, there will be things your leg likes to do and some things that it is less happy to do. Calming it down simply means looking at the things it doesn't like and trying to make some adjustments or changes to make it easier for yourself. For example, walking the dog or lying on a particular side in bed may cause problems. Taking a more flat or shorter dog walk or placing a pillow between your knees in bed may be easy ways to keep your hip calmer whilst it is unhappy.

Pain control: Applying something warm/cold around your hip may be useful in helping with some of the pain (do remember to wrap your hot water bottle/ cold pack in a towel before applying it to your skin to avoid burns).

Build it back up again: Movement is medicine for your body. Calming the issue down (as described above) is often the best place to start and sometimes this might take a few weeks to help. Once your hip feels a little calmer, it is a good idea to start to 'build it back up again'. What this means is that once the leg is able to tolerate some gentle exercise, then it is worth starting some.

Will it get better?

For most people, hip pain will not be a pleasant experience but reassuringly, it does have the potential to get better. By understanding the issue as best you can and by adjusting what is sore to then allow you to explore some exercise/s, is often the best formula for success.

If you would like to know more about gluteal tendinopathy or find a greater choice of exercises, you can explore our dedicated webpage.

Search online: [Norfolk and Waveney MSK services](#) 'gluteal tendinopathy'

Exercises



Standing close to a wall. With your knee bent, press the outside of your leg against the wall. Hold for approximately 15-30 seconds. You do not have to push hard.

Complete little and often throughout the day.



Standing close to a wall. Push your leg outwards against a wall and hold this for approximately 15-30 seconds. You do not have to push hard.

Complete little and often throughout the day.



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