

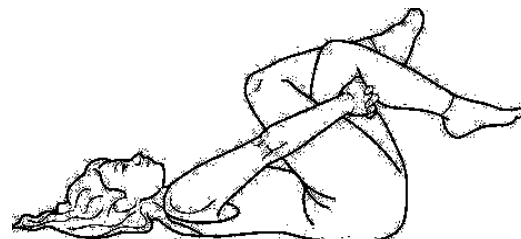
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Appendix. Home exercises for greater trochanteric pain syndrome, modified from SERMEF (30)

Daily home exercise program: 1 set of 10 repetitions of each exercise, once a day, 7 days a week for at least 3 months.

1. Pyramidal stretching

Begin by lying flat on your back.
Next, place your feet flat against the floor and raise your knees towards the ceiling.
Bring your right/left leg towards your body and rest your right ankle across your left knee.
Finally, pull your left thigh towards your chest until you feel a gentle stretch. You can then switch legs.



Hold the position for 20-30 seconds and slowly return to the initial position.

2. Iliotibial band stretching

Cross the healthy leg in front of the affected leg. Tilt the torso to the healthy side keeping the arms above the head.

Hold the position for 20-30 seconds and slowly return to the initial position.



3. Leg lift

Raise the leg straight with the knee stretched about 30 cm from the ground.

Hold the position for 5 seconds and slowly return to the initial position.



4. Gluteal muscle enhancement

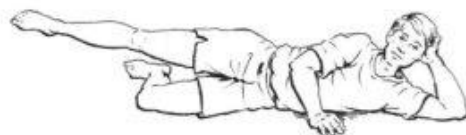
Raise the pelvis extending both hips to align the thighs with the torso.

Hold the position for 5 seconds and return to the initial position.



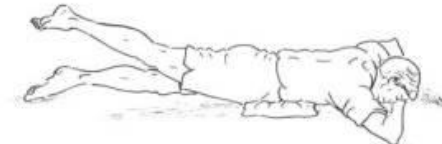
Raise the leg of the affected side about 20 cm.

Hold for 5 seconds and return to the initial position.



Raise the leg with the knee stretched as much as possible.

Hold for 5 seconds and return to the initial position.



After one month of finalizing the protocol, according to pain and evolution and after medical visit, the restart of sports training will be evaluated.