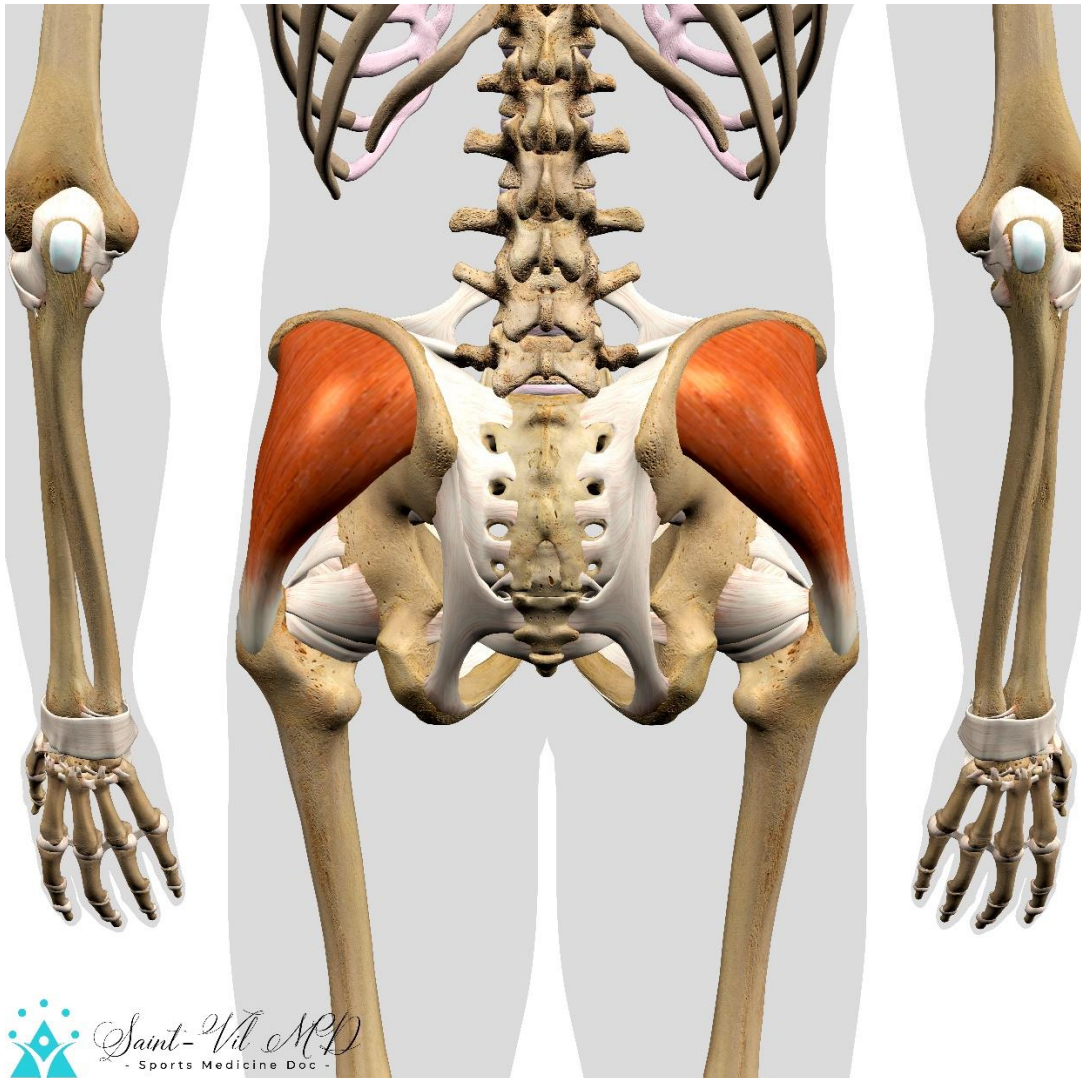


Gluteus Medius Tendinopathy Exercises

Handouts

Prepared by [Dr. Saint-Vil](#)

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Gluteus medius tendinopathy is also called Dead Butt Syndrome (DBS). It is a painful condition of the butt caused by inflammation and weakness of the gluteus medius tendon. The gluteus medius tendon is a tendon of relatively smaller muscle when compared to the gluteus maximus. Nonetheless, it plays an important role in hip stability and supports the pelvis.

It may affect runners, those starting physical activity after a prolonged interval, long-distance runners, or even increasing the intensity of physical training.

It appears that the incidence of the condition is rising, perhaps because many people engage in running or similar exercises after prolonged periods of sitting.

Some hip and core muscle exercises can help in gluteus medius tendinopathy treatment. Many such exercises can be done readily at home without specific equipment like the ones listed below.

- Isometric gluteus medius at the wall

Step 1 – Stand at 90 degrees to the wall, just about six inches away from the wall, with both legs touching the floor.



Step 2 – Raise the leg closer to the wall to create 90 degrees angle between the thigh and lower leg. Next, push the bent leg towards the wall. This will fire the gluteus medius muscle of the opposite leg to ensure posture stability. Hold in the position for 5 seconds.



- Repeat 5 times each time
- 3 sets in a row
- Once-daily

- 5 days a week

- Prone Heel Squeeze

Step 1 – Lie on the yoga mat upside down, with your tummy pressed towards the ground and back upwards, and keep your legs straight.



Step 2 – Bend both of the knees. Next, lift the knee upwards by squeezing your glutes and, at the same time, press both the heels firmly together, creating V-shape with feet.



Step 3 – Go back to your original resting state

- 8-10 reps per set
- 2 Sets in a row
- Once-daily
- 5 days a week

- **Supine bridge with gluteal set and spinal articulation**

Step 1 – Begin lying on your back with your arm resting at your sides, your legs bent at the knees and your feet flat on the ground.



Step 2 – Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight. Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.



- *8-10 reps per set*
- *3 Sets in a row*
- *Once-daily*
- *5 days a week*

- Sidelying hip adduction

Step 1 – Lie on your side, and place your top leg and foot flat on the floor in front of you. Next, lift your bottom leg upwards towards the ceiling to feel a pull on your thigh inside and outside. You can repeat the movement up and down or just hold the position. This will strengthen your adductor muscle group.



Step 2 – Repeat the similar motion for the other side



- Repeat 10-12 times
- 3 sets in a row
- Once-daily
- 5 days a week

- Sidelying hip abduction

Step 1 – Raise your upper leg to just above your hip joint, at the same time, exhaling as you go. Once you feel your hips and back start to get tense, stop and hold the position for a couple of seconds.



Step 2 – Gradually lower your leg to its initial position on an inhale. Keep the upper leg straight and fixed directly above the lower leg.



Step 3 – Flip over to your opposite side and repeat the action with your other leg.

- Repeat 10-12 times
- 3 sets in a row
- Once-daily
- 5 days a week

*Prepared by **Dr. Saint-Vil***

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