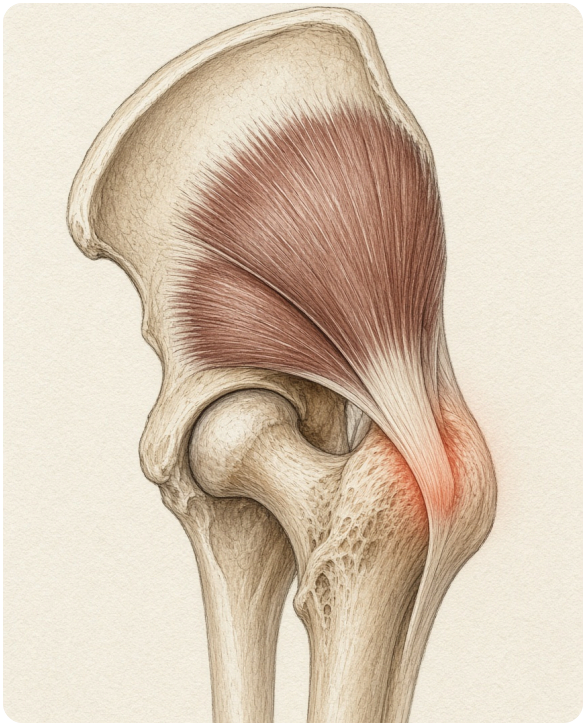
ARMIN PHYSIO



PATIENT GUIDE

Hip Abductor Tendinitis

Does sleeping on your side hurt? It could be **hip abductor tendinitis.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is hip abductor tendinitis?

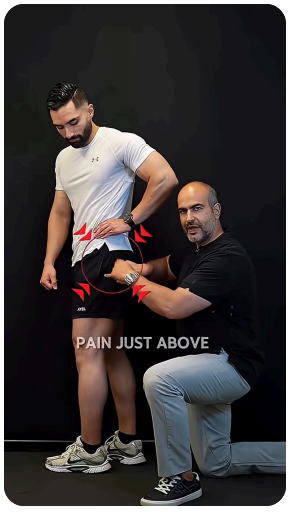
Your hip abductor muscles (gluteus medius and minimus) attach by tendons to the bony bump on the outside of your thigh bone. With overuse, these tendons, or the spot where they attach to the bone, can become irritated and painful. Isometric (hold-still) exercises are best early on, then you gradually progress to more loading.

QUICK CHECK

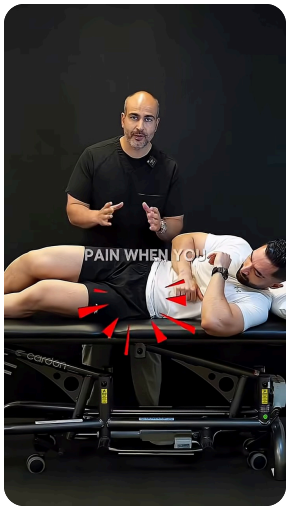
Does this sound like you?

- ☐ Pain **just above the hip bone** on the outside
- ☐ Pain when you **stand on one leg**
- ☐ Pain when you **lie on the affected side**
- ☐ Pain when **pressing on the tendon**
- ☐ Pain when lifting the leg out to the side

If you ticked a few boxes, your hip abductor tendons could be irritated. Try the 3 exercises on the next pages.



Pain just above the hip bone



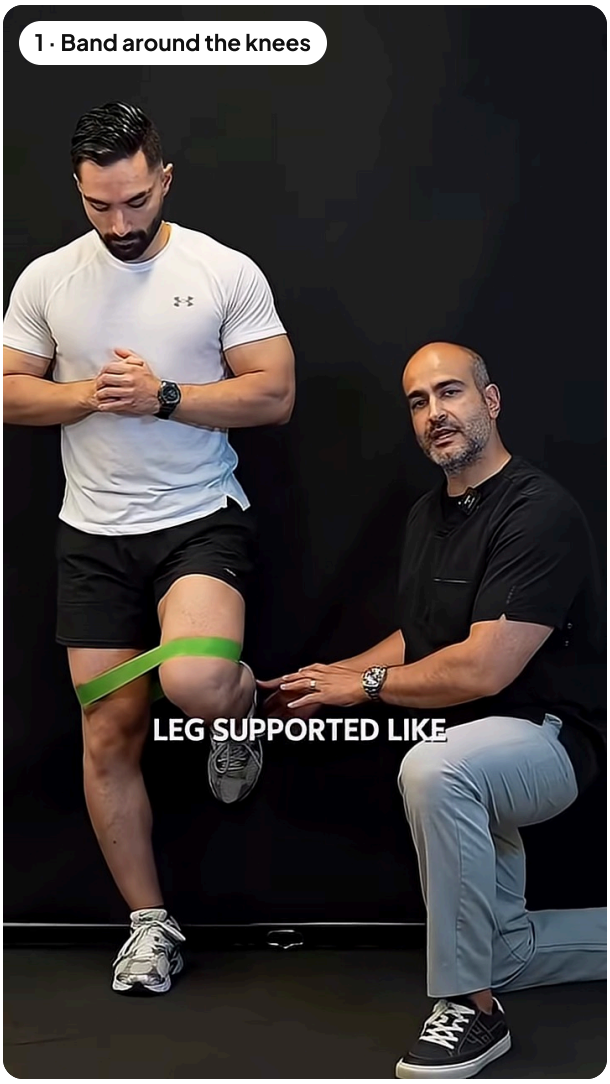
Pain lying on the affected side

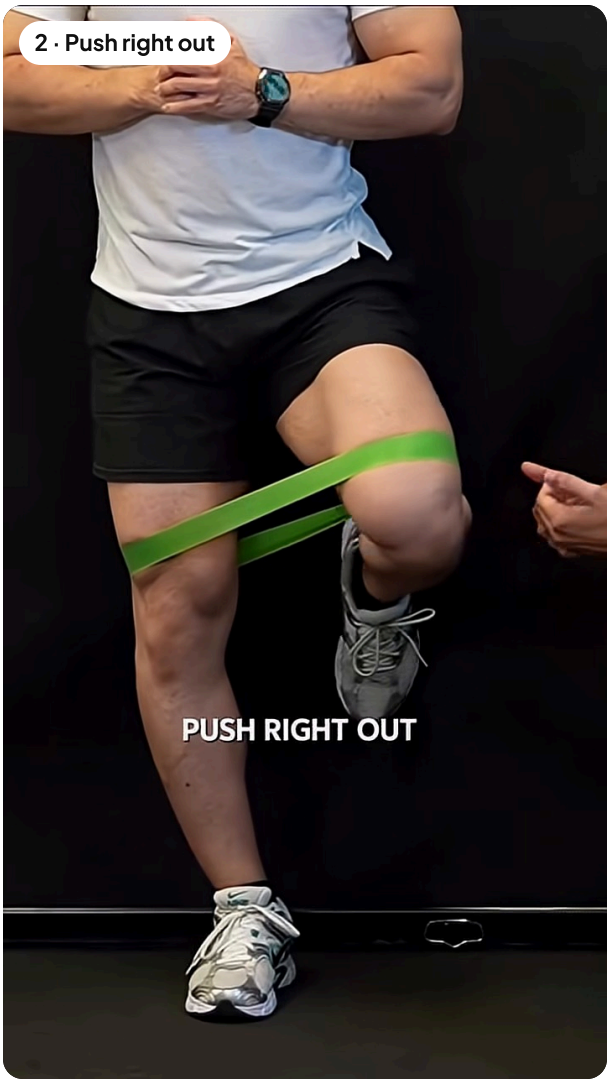
YOUR 3 EXERCISES

Try these exercises

1 Standing banded knee push-out

Activates the hip muscles on the leg you stand on





1. **Loop a band around your knees.**
2. **Have the affected leg supported** like this (standing on it), with the other knee lifted.
3. **Push right out** with the lifted knee, then **go back in**, activating those hip muscles.
4. Repeat.

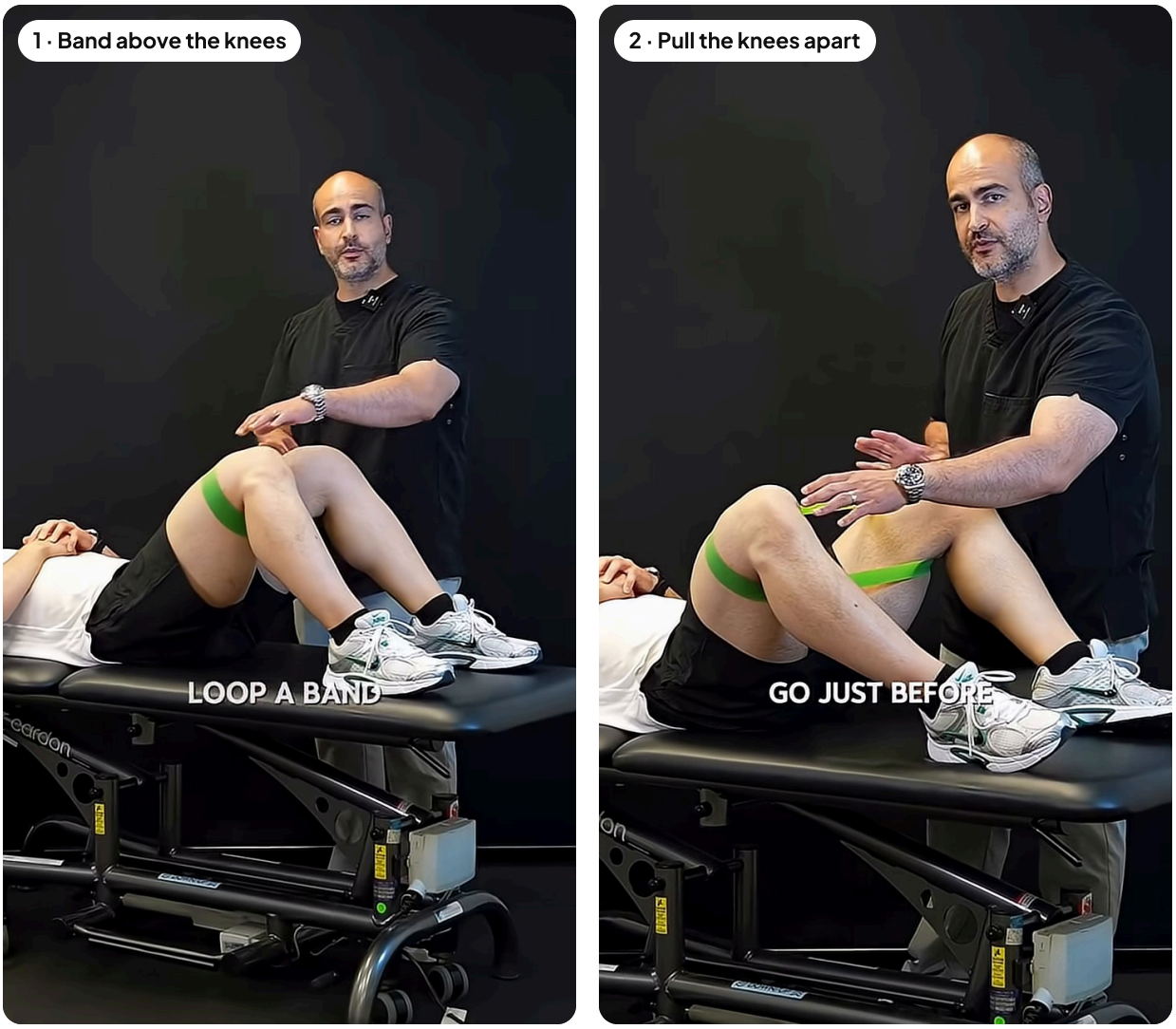
3 sets of 15, hold **3–5 s**, daily

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Lying banded knee opener

Activates the hip muscles in a comfortable range



1. **Lie on your back** and **loop a band just above the knees**.
2. **Pull those knees apart**, activating those hip muscles.
3. Go **just before you start feeling the pain** and **hold it for three seconds**.
4. **Come back in slowly** and repeat.

3 sets of 15, hold **3–5 s**, daily

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Standing ball press

Works the side-hip muscles without moving the sore hip (isometric)



1. **Place your unaffected leg against a ball or a pillow** while standing like so (ball against the wall).
2. **Press this knee**, driving it into the ball.
3. **Hold it three seconds** and relax. You'll feel it all in the side of the hip you're standing on.
4. Repeat.

3 sets of 15, hold **3–5 s**, daily

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10 MINUTES

Put it together

01
Activate
Standing banded knee push-out, 3 × 15

02
Open
Lying banded knee opener, 3 × 15

03
Isometric
Standing ball press, 3 × 15

Daily, 3 sets of 15 with 3–5 s holds, starting slow and progressing, are all from Armin's video description. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp or pinching pain in the hip
- Pain above about 4/10, or pain that keeps building as you go
- Pain that lingers or is worse the next day

Try not to sleep on the sore side or stand hanging on one hip; a pillow between the knees at night can help (suggested).

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg**, especially after a **fall**
- The leg looks **shorter or turned out**, or the hip suddenly won't move
- A **hot, red or swollen** hip with **fever** or feeling unwell
- **Numbness in the groin**, new **bladder or bowel** changes, or leg weakness that's getting worse
- **Constant pain at night** or at rest that doesn't ease
- **Unexplained weight loss** or a history of cancer with new hip pain

If you can't bear weight after a fall, have a hot swollen hip with fever, or have groin numbness or bladder/bowel changes, **go to the nearest emergency department**. For the others, see a doctor promptly. If your hip isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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