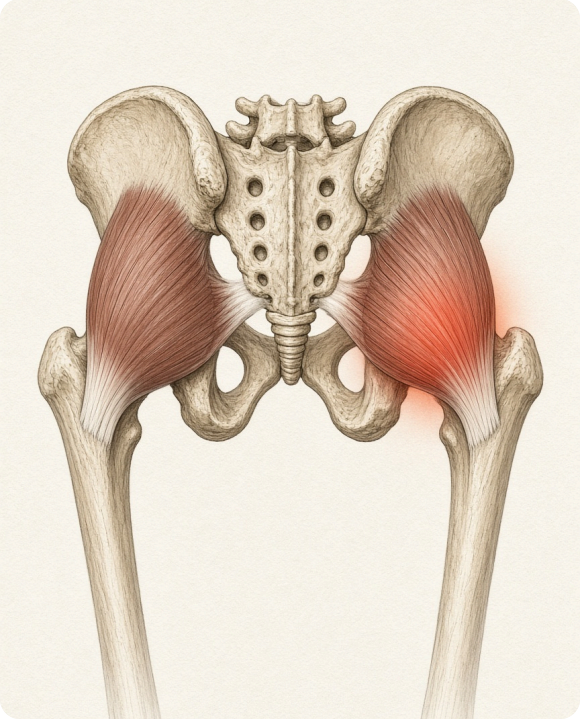
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PATIENT GUIDE

Trendelenburg Gait

Walking with a hip drop? It could be **Trendelenburg gait.**

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What is Trendelenburg gait?

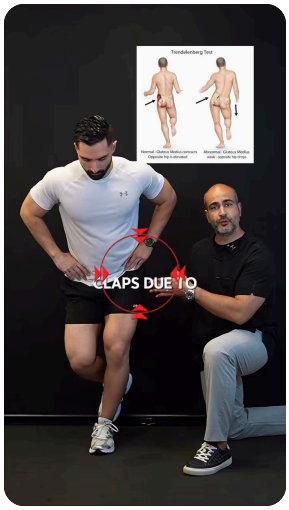
Trendelenburg gait is a walking pattern caused by weakness of the gluteus medius and other hip abductor muscles. Normally, when you stand on one leg, these muscles keep your pelvis level. If they're too weak, the pelvis drops on the other side, creating a "hip drop" or side-to-side sway. Over time this can change how your knee moves and add stress up and down the leg.

QUICK CHECK

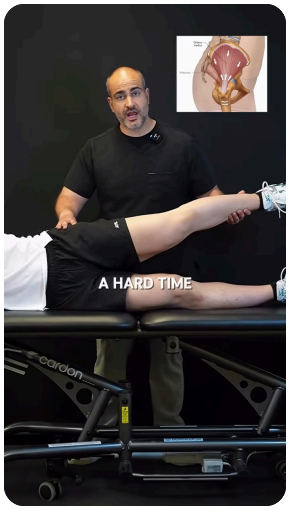
Does this sound like you?

- [ ] Your **pelvis tilts** when you walk
- [ ] Your **hip collapses** when you stand on one leg
- [ ] It's **hard to hold your leg up** when lying on your side
- [ ] A noticeable **side-to-side sway** when you walk
- [ ] Hip or knee pain with **walking or stairs**

If you ticked a few boxes, your hip abductors may be weak. Try the 3 exercises on the next pages.



Hip collapses on one leg



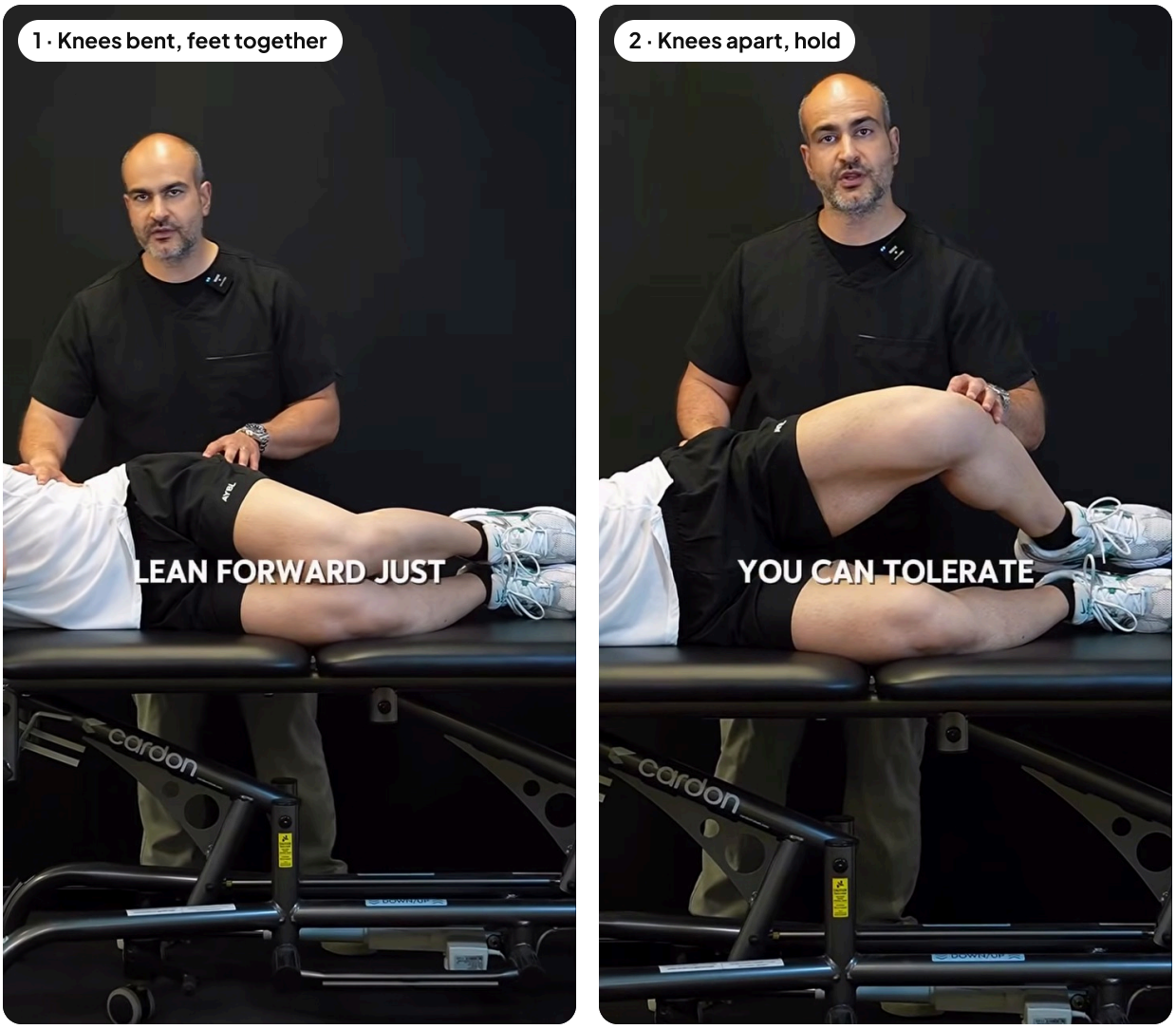
Hard to hold the leg up on your side

YOUR 3 EXERCISES

Try these exercises

1 Clamshell

Strengthens the side and back of the hip



1. **Lie on your side** with your **knees bent** like so. **Lean forward** just a little bit.
2. **Keep your feet together.**
3. **Bring your knees apart** as much as you can tolerate. **Hold it for three seconds.**
4. **Slowly lower down**, keeping the tension, and repeat.

3 sets of 15 reps, hold **3–5 s**

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 Standing leg swing

Trains the weaker hip to hold your pelvis level





1. **Hold on to something** for support.
2. Make sure you're putting **all the weight on the affected side**, the weaker side.
3. **Swing the unaffected side** like so, keeping your body nice and straight.
4. This works all the muscles on the side of the standing hip.

3 sets of 15 reps, hold **3–5 s**

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 Lateral step-up

Builds single-leg strength and control



1. **Use a small step.** You can hold on to something for extra support.
2. **Place the weaker side on the step** and **step right up**.
3. Make sure your **body's nice and straight** (no hip drop).
4. **Come back down** and repeat.

3 sets of 15 reps, hold **3–5 s**

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 10–15 MINUTES

Put it together

01
Activate
Clamshell, 3 × 15

02
Control
Standing leg swing, 3 × 15

03
Strengthen
Lateral step-up, 3 × 15

3 sets of 15 with 3–5 s holds are from Armin's video description; doing it once a day is a suggestion. Challenge yourself while keeping good technique. 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

If the hip drops during the step-up, use a lower step or more support.

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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