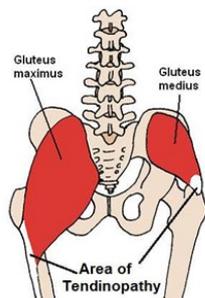

Gluteal Tendinopathy

Introduction

This leaflet aims to help you understand what a Gluteal Tendinopathy is and to advise you how you can help yourself to try and alleviate your symptoms.

If you have any questions that have not been answered in this leaflet, please do not hesitate to ask your physiotherapist.



What is a Gluteal Tendinopathy?

This is pain around the outside of your hip. It is a condition which results from compression forces (e.g. a squashing force) applied to one or both of the tendons leading to its frequent compression over a period of time.

Tendons are good at absorbing load as long as it is steady and regular. If the force changes this can lead to changes in the tendon making it less able to tolerate the same load. This can then result in pain around the outside of the hip (see diagram).

How common is it and what are its causes?

Gluteal Tendinopathy is more prevalent in females than males in a ratio of about 3:1 or 4:1

Patients tend to be aged between 30 and 40

Female patients may be peri- menopausal or post-menopausal who might have

- put on weight
- have a less active life style or
- have become involved in more vigorous exercise than they are used to this causes an increase in compression forces and load on the tendon resulting in lateral hip pain.

Younger patients who are active or who participate in aerobics classes and who have weak lateral hip muscles can contribute to lateral hip pain or gluteal tendinopathy.

Postural positions in less active patients can lead to the structures around the hip becoming tight. A sudden increase in activity levels can then cause compression of hip tendons resulting in lateral hip pain.

Advice

This condition can be affected by the movement patterns that we adopt in daily life. It is very important that we change these patterns in order to reduce the compression on the tendon to allow it to heal. By reducing the frequency and length of time that you do these movements this will help to reduce the symptoms that you are feeling from the tendons.

The following habits can make your symptoms worse:-

- Standing with your weight predominantly on one leg with the weight shifted on the outside of the painful hip.
- Certain sitting postures such as sitting with your legs crossed for long periods of time
- Rising from sitting to standing and back to sitting with your knees together

Being overweight, especially with excess abdominal fat, when combined with any of the above factors can contribute towards Gluteal Tendinopathy.

For further information on weight loss go to

www.nhs.uk/livewell/loseweight/Pages/Loseweighthome.aspx

Try to:

- avoid taking large strides when walking
- try and aim to walk tall.
- reduce hill walking; walk on flat ground
- reduce the number of times you go up the stairs

Don't become inactive but try and reduce the things that make it worse.

Increase your activity in a gradual manner to enhance your recovery as tendons take time to get better.

For further information

Please email ghnt.newcastlegatesheadtims@nhs.net, ring on **0191 2138800** or visit our website at: www.tims.nhs.uk which provides online guidance and support on managing your musculoskeletal (MSK) condition effectively.

The NHS website also provides trusted online information and guidance on all aspects of health and healthcare to help you manage your condition and/or inform your choices about your health: www.nhs.uk.

Useful links

The Patient Advice and Liaison Service (PALS) can offer on-the-spot advice and information about the NHS. You can contact them on freephone **0800 032 02 02** or e-mail northoftynepals@nhct.nhs.uk.



Tyneside Integrated Musculoskeletal Service

TIMS is a partnership between Newcastle upon Tyne Hospitals NHS Foundation Trust and Gateshead Health NHS Foundation Trust