

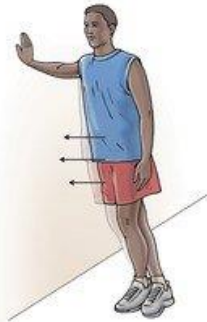
Hip (Trochanteric) Bursitis Rehabilitation Exercises



Gluteal stretch



Iliotibial band stretch (standing)



Iliotibial band stretch (side-leaning)



Straight leg raise



Prone hip extension



Side-lying leg lift



Clam exercise



Wall squat with a ball



Side plank



Plank



Side plank



Plank