

HIP EXERCISES

EXERCISES FOR TROCHANTERIC SYNDROME

SIDE-LYING LEG RAISE EXERCISE



Lie on your side with the leg you want to stretch facing upward. Raise your leg straight, without bending it, about 30-40 cm. Hold for 5 seconds.

Perform:

- 10 repetitions.
- 3 sets daily.

Goals:

- Strengthening of the hip abductors, especially the tensor fascia latae.
- Improved pelvic and hip stability.

BRIDGE EXERCISE WITH LEG LIFT



Lying on your back, arms flat on the floor, parallel to your body. Knees bent, feet supported. Inhale and exhale as you raise your pelvis and align your thighs with your body. Lift one foot with your knee straight. Hold for 5 seconds. Return to the starting position and repeat with the other leg, leaning to the other side.

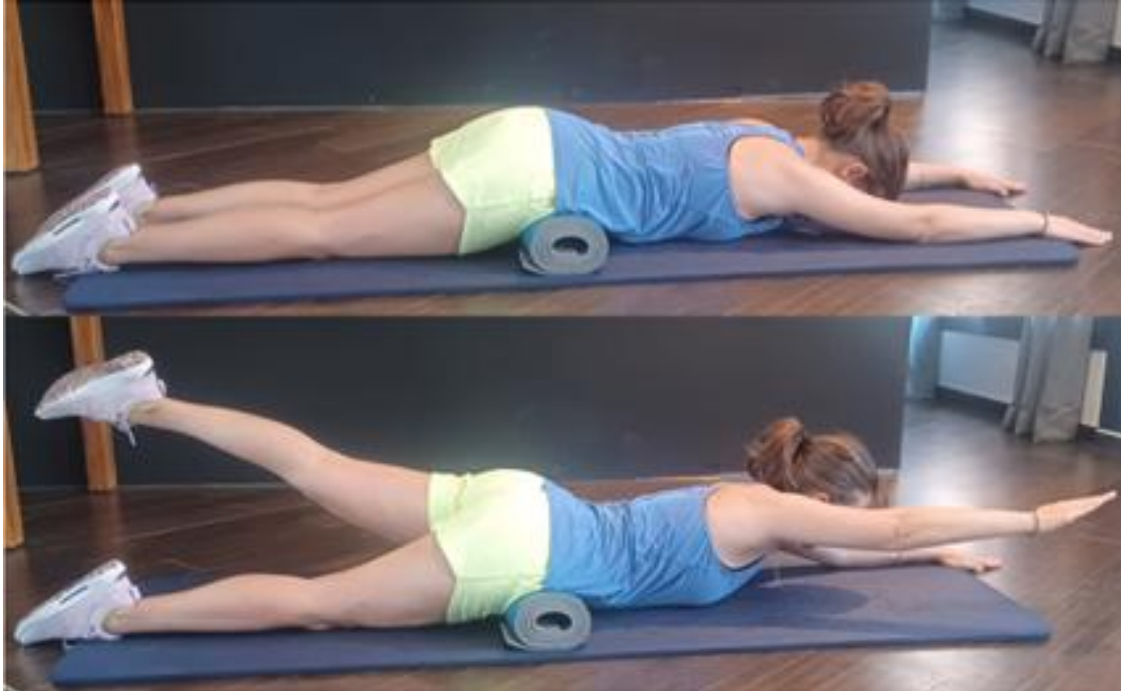
Performance:

- 10 repetitions.
- 1 set daily.

Goals:

- Strengthening of the core, gluteus maximus and medius, and hamstrings.
- Improved spinal posture.
- Improved pelvic stability.

LYING ARM-LEG RAISING EXERCISE



Lying face down. Soft roll on lower abdomen. Arms extended overhead. Inhale and exhale as you raise one arm and the leg on the other side, both extended. Hold for 5 seconds. Repeat on the other side.

Perform:

- 10 repetitions.
- 1 set daily.

Goals:

- Strengthening of the overall posterior chain: erector spinae muscles, glutes, hamstrings.
- Strengthening of the middle and lower trapezius muscles and posterior deltoids.
- Improve posture.
- Postural stability.
- Relieve lower back pain.

QUADRUPED ARM-LEG RAISING EXERCISE



Quadruped position. Back straight and neck aligned. Inhale and exhale as you raise one arm on one side and the leg on the opposite side. Hold for 5 seconds. Return to the starting position and repeat on the other side.

Perform:

- 10 repetitions.
- 1 set daily.

Goals:

- Strengthening of the core, gluteus maximus and medius, hamstrings, and erector spinae muscles.
- Improves coordination and balance.
- Promotes cross-training activation.

BALL SQUAT EXERCISE



Stand with your back against a wall. Place a ball between your knees. Lower yourself by bending your knees and hips, holding the ball with your knees. Hold for 5 seconds.

Perform:

- 10 repetitions.
- 3 sets daily.

Goals:

- Muscle strengthening of the quadriceps, glutes, hamstrings, and adductors. Core stabilization.
- Improve postural control.

HEEL RAISE EXERCISE



Stand facing a wall. Press both hands against the wall. Lift your heels off the floor without bending your knees. Hold for 5 seconds.

Perform:

- 10 repetitions.
- 3 sets daily.

Goals:

- Strengthen calves and soleus muscles.

[Make an appointment with Dr. Jordi Jiménez.](#) He will see you in the center of Palma de Mallorca and help you regain your quality of life.

