

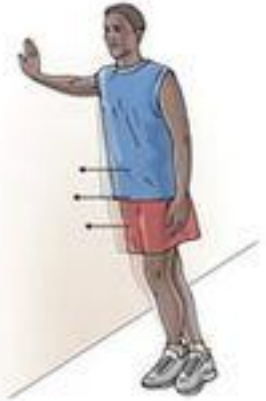
Hip (Trochanteric) Bursitis Rehabilitation Exercises



Gluteal stretch



Iliotibial band stretch (standing)



Iliotibial band stretch (side-leaning)



Straight leg raise



Side-lying leg lift



Quadruped hip extension



Clam exercise



Wall squat with a ball



Side plank



Plank