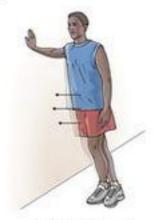
## Hip (Trochanteric) Bursitis Rehabilitation Exercises



Gluteal stretch



Iliotibial band stretch (standing)



Iliotibial band stretch (side-leaning)



Straight leg raise



Side-lying leg lift







Clam exercise

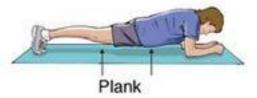


Quadruped hip extension



Side plank





Wall squat with a ball

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