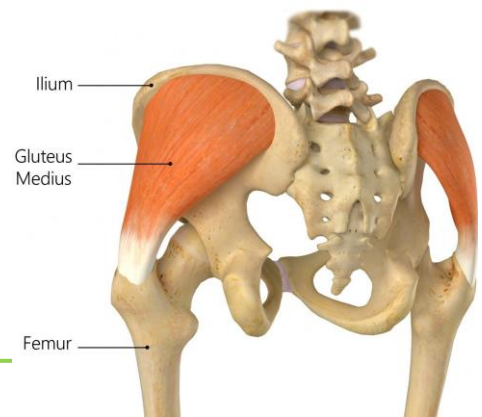


# Gluteus Medius Syndrome Patient Information Sheet

*What do I need to know?*



## What is my diagnosis?

Inflammation and pain of the Gluteus medius muscle and/or tendon on the outside of the hip.

## Frequent signs and symptoms

- Pain and limp when walking and/or running
- Tenderness to touch over the outer hip, buttock and/or thigh
- Pain worsened by moving the hip
- Weakness of the hip muscles especially moving the leg away from the body.

## Causes of gluteus medius syndrome

- Sudden increase in amount or intensity of activity
- Compensation from other lower extremity injuries
- May occur without injury
- Overuse.

## Risk of gluteus medius syndrome increases with

- Endurance sports eg distance running, worsened with running on a camber
- Inadequate warm up
- Poor physical conditioning (strength, flexibility)
- Unequal leg length (affects longer leg)
- Alignment issues eg wide pelvis, knock knees.

## How can it be treated?

- Ice packs x 20 mins regularly to reduce inflammation
- Rest / modification from the aggravating activity
- Flexibility and strength exercises – *see overleaf*
- Heat to help improve flexibility – *see overleaf*
- Pain killers eg paracetamol and/or anti inflammatories eg ibuprofen – *take as directed*
- Occasionally an injection of corticosteroid may help
- Very rarely surgery is indicated.



# Gluteus Medius Syndrome Patient Information Sheet

*What do I need to know?*

## Stretching exercises:



Pull knee towards opposite shoulder



## Strengthening exercises:



## Physiotherapy

Physiotherapy can help guide and progress these exercises appropriately

Edinburgh self referral– complete form

East Lothian self referral– telephone

Midlothian – referral from GP

West Lothian – referral from GP

[Where To Find Us – Musculoskeletal Physiotherapy \(nhslothian.scot\)](https://services.nhslothian.scot/musculoskeletal/where-to-find-us/)

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