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# Gluteal tendinopathy: When hip pain disrupts everyday life

While a regular exercise routine can help prevent tendon degeneration in the glutes, it's crucial to avoid abrupt spikes in intensity levels

Written by Asik Banerjee

With quotes from Dr Rachit Shah (orthopedic surgeon)



Photo by Anantha Subramanyam K/Happiest Health

A persistent pain in the hip can be debilitating for an individual, hindering their day-to-day activities. While most cases of hip pain are associated with arthritis, the type that radiates from the lateral side of the hip can be related to the gluteal muscles. Gluteal tendinopathy is a condition where the tendons of the gluteal muscles break down or deteriorate. While the ailment is generally associated with aging, its prevalence has increased among the middle-aged population as well, say experts, citing physical lifestyle choices as the primary culprit.

The primary function of the gluteal muscles is to keep the body in an erect position and protect the hip joint. All three gluteal muscles facilitate hip movement, and any weakness in these muscles impacts posture, leading to issues such as a weak lower back, spondylitis, disc-related problems, reduced spine curvature and severe back pain. As per a 2015 research paper published in the journal Sports Medicine, tendinopathy (a broad term that includes painful conditions in and around the tendons causing inflammation) in the gluteus medius and minimus tendons is recognized as a primary reason for lateral hip pain.

Women are particularly susceptible to it, says Dr Rachit Shah, consultant orthopedic surgeon at Apollo Clinic, Wanowrie, Pune. “It is seen that women are slightly more affected than men because of their wider pelvis,” he adds.

## Gluteal tendinopathy: Causes and prevention

Gluteal tendinopathy can occur due to the overuse of muscles, repetitive activities or a sudden change in the intensity of physical activity. “It is often associated with aging and may result from the wear and tear on the tendons around the hip,” explains Dr Shah. “It’s crucial to detect it early and seek medical advice. The key is to lead a healthy lifestyle, which includes maintaining a healthy body weight and staying physically active.”

Physical activity is an essential aspect of preventing gluteal tendinopathy. However, the exercise routine should be a balanced one. “One should incorporate strength training exercises and avoid a sudden increase in intensity, with proper warm-up and stretching playing a crucial role,” shares Dr Shah. “It is important to have a steady and consistent physical activity routine.”

## Symptoms of gluteal tendinopathy


According to experts, the common manifestations of the condition include:

- Pain on the outside of the hip, especially while performing activities like walking or climbing the stairs
- If ignored, the pain can aggravate, and the individual will have trouble sitting or standing up from a chair
- Pain while sleeping on the affected side.

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one can do at home include:

- Lunges
- Squats
- Glute bridges
- Fire hydrants
- Bird dog
- Climbing the stairs

## Treating gluteal tendinopathy

The treatment plan for the condition involves a combination of rest and regular physiotherapy sessions. In some cases, medications are also prescribed. According to Dr Shah, one should not self-medicate and adhere to the guidelines and dosages prescribed by the healthcare professional. In severe cases, advanced interventions like injections or surgery may be required.

## Takeaways

- Although gluteal tendinopathy is usually associated with aging, its prevalence has been on the rise among the middle-aged population.
- Having an active lifestyle combined with a strength training routine is key to preventing the condition. However, it’s crucial to refrain from a sudden increase in intensity.
- Early detection is key to treating gluteal tendinopathy. If left untreated, day-to-day activities like sitting or getting up from a chair, walking, climbing the stairs, etc., become difficult.

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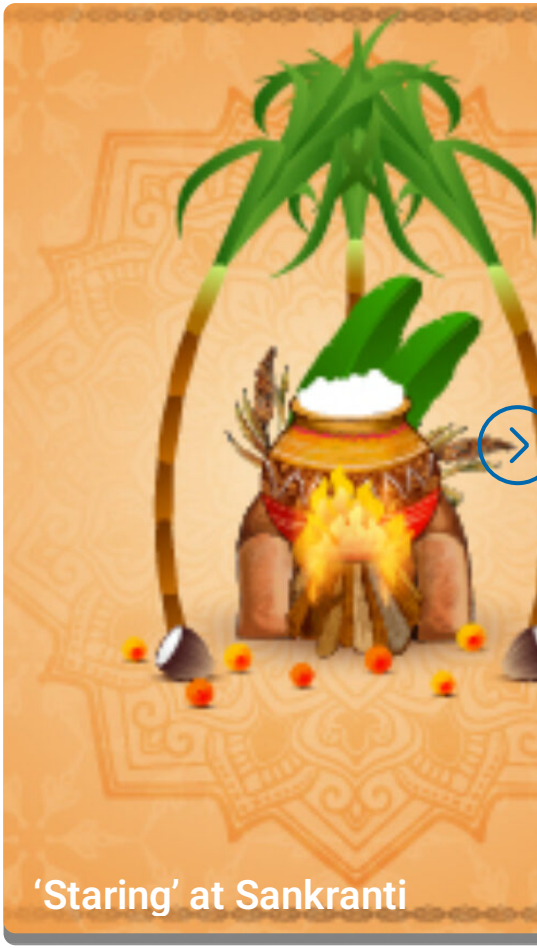
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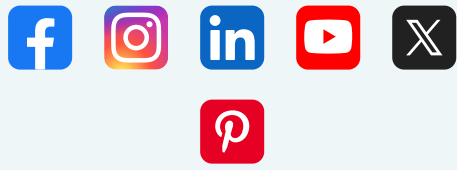
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