PAIN & INJURY GUIDE

Outer hip pain (GTPS): your 5-minute routine

Gentle strengthening for pain on the outside of the hip.

Scan for the full guide

How often: Twice a day to start.

Total time: about 6 minutes. **You will need:** a sturdy chair, a pillow, a firm, comfortable surface to lie on (a bed or mat).

Before you start

- This is general information based on NHS physiotherapy leaflets. It is not a personal treatment plan. If a doctor, physiotherapist or osteopath has given you different advice, follow that.
- Move slowly and smoothly. Mild discomfort or a stretching feeling is fine. Sharp pain is not.
- The pain should settle back to your usual level within an hour or two. If it is worse the next day, do fewer repeats or a smaller movement, or leave that exercise out for a few days.

Your routine

1 Side push against your hand

about 2 min

Lie on your side with a pillow between your knees and the sore leg on top.
Rest your hand on the outside of the top thigh and push up gently against it so the muscles tighten without the leg lifting.

How much: Hold 5 to 15 seconds, 5 times

2 Glute bridge

about 2 min

Lie on your back with your knees bent and feet flat.
Squeeze your buttocks and lift your hips until your body makes a straight line. Do not arch your back.
Lower slowly.

How much: Hold 5 to 15 seconds, 5 to 10 repeats

3 Sit to stand

about 2 min

Stand in front of a sturdy chair. Push your bottom back as if sitting and lightly touch the seat.
Stand up by squeezing your buttocks and pushing through your heels. Keep your knees apart and do not let them fall inwards.

How much: 5 to 15 slow repeats

Good to know

- A mild ache while you exercise, and for a short time afterwards, is expected.

Easier, or harder?

- Too sore? Do fewer repeats, make the movement smaller, or miss that exercise out for a few days.
- Feeling good? Only add a few repeats, or a second set, when the routine feels easy and comfortable. There is no rush.

Keep track

Tick a box each day you do your routine.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

Get urgent help first, and do not exercise, if you have any of these

Go to A&E or call 999 if you have any of these. They can be signs of a fracture, infection, blood clot or other emergency.

- A limb that looks deformed, or a joint that you cannot move or put weight on after an injury
- A cold, pale or numb foot or hand after injury
- A hot, red, swollen joint with a high temperature
- A painful, swollen, warm calf, with or without breathlessness or chest pain

See your GP promptly, or call NHS 111, if

- Pain after a significant injury, fall or twist
- Pain that is constant, severe or getting worse, or wakes you at night
- Unexplained weight loss, fever or feeling generally unwell with limb pain

Stop these exercises if

- Stop if the pain becomes unmanageable or long-lasting.
- If you are not improving after about 4 weeks, or things are getting worse sooner, get it checked. A GP, physiotherapist or osteopath can assess what is going on and adjust your exercises.

Want your problem assessed?

If you would like your symptoms assessed, you are welcome to book an appointment with Lance Peterson Osteopathy in Chichester: lancepetersonosteopathy.co.uk/book.html · 07899 358698. Osteopathic care is not right for everyone, and if something needs medical attention first, you will be told.

The full plain-English guide, with the common questions and sources, is at: lancepetersonosteopathy.co.uk/guide/lateral-hip-pain.html

Based on

The exercises are described in my own words from these NHS and Chartered Society of Physiotherapy resources. Repeats and holds are kept to the gentle, beginner end of the ranges they give. Links were checked in October 2026.

- Sherwood Forest Hospitals NHS: Lateral hip pain
  https://www.sfh-tr.nhs.uk/patients-and-visiting/patient-information-leaflets/musculoskeletal-msk/lateral-hip-pain/