Gluteal Tendinopathy Diagnosis | GTPS

RHH Medical Ltd summary of assessment, technique and post injection advice

December 2019

## Assessment

Single leg stance test and palpate.

<https://www.youtube.com/watch?v=3vdJhti9tZE&list=PLm1lB2fl1vQ6GHZ5Y7DaS-uWho0M4nkqc>

## Injection

To tender point and 3-5cm droplets around

10mls injection



## Post injection

After 5 minutes - Observe for any swelling or significant bleed. Any benefit?

Avoid loaded rotation/twisting and lifting for 48hrs

Advise exercises when immediate pain settled as per leaflet <https://www.youtube.com/watch?v=477OFkR0syE> (type physiotutors GTPS Exercise Protocol)