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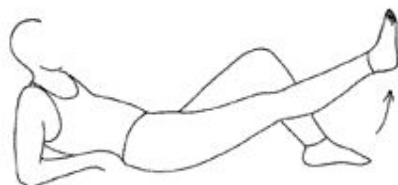
HIP TROCHANTERIC BURSITIS EXERCISES



Piriformis stretch



Iliotibial band stretch



Straight leg raise



Wall squat with a ball



Prone hip extension

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