

What is trochanteric bursitis?

Trochanteric bursitis is inflammation of the bursa located at the point of the hip referred to as the greater trochanter. When this bursa becomes irritated or inflamed, it causes pain in the hip. This is a common cause of hip pain.

What are the symptoms of trochanteric bursitis?

Bursitis typically causes the following symptoms:

- Pain on the outside of the hip and thigh or in the buttock.
- Pain when you press in on the outside of the hip which gets worse when getting up from a deep chair or getting out of the car.
- Pain with walking up stairs
- Pain which radiated down the thigh at night

What causes trochanteric bursitis?

Trochanteric bursitis is most often caused by overuse, stress or direct trauma to a joint, such as with repeated bumping or prolonged pressure. Bursitis may also be caused by an infection, arthritis or gout. It is more common in women and in middle-aged or elderly people. Many times the cause is unknown. Bursitis typically results from one or more of these factors:

- Injury to the point of the hop. This can include falling onto the hip, bumping your hip on the edge of a table or lying on one side of the body for an extended period.
- Play or work activities that cause overuse or injury to the joint areas (for example running up stairs, climbing or standing for long periods of time).
- Incorrect posture, which can be caused by scoliosis, arthritis of the lumbar (lower) spine and other spine problems.
- Stress on the soft tissues from an abnormal or poorly positioned joint or bone (such as leg length differences or arthritis in a joint).
- Other diseases or conditions (rheumatoid arthritis, gout, psoriasis, thyroid disease or an unusual drug reaction) and rarely from infection.
- Previous surgery around the hip or prosthetic implants in the hip.
- Hip bone spurs or calcium deposits in the tendons which attach to the trochanter.

How is trochanteric bursitis treated?

Treatment goals include reduction in pain and inflammation, as well as preserving mobility and preventing disability and recurrence.

The treatment recommendations may include a combination of rest, splints, heat and cold application. You may need more advanced treatments including:

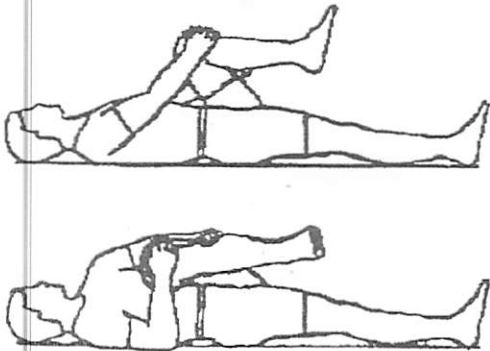
- Corticosteroid injections provided by your health care provider. They work quickly to decrease the inflammation and pain.
- Physical Therapy which includes range of motion exercises and splinting. This can be very beneficial.
- Surgery, if you are not responding to other treatments.

When should you seek medical advice?

Most cases of bursitis subside over a few weeks. See your health care provider if you experience pain that interferes with your normal day-to-day activities or have soreness that doesn't improve despite self-care measures, if you have recurrence, or if you have a fever and the hip or let appears red or inflamed (swollen, warm). These signs and symptoms may indicate that you have an infection. In addition, see your doctor if you have other medical conditions that may increase your risk of an infection, or if you take medications that increase your risk of infection, such as corticosteroids or immunosuppressant's.

How do you prevent trochanteric bursitis?

Because most cases of bursitis are caused by overuse, the best treatment is prevention. It is important to avoid or modify the activities that cause the problem. Underlying conditions such as leg length differences, improper posture or poor technique in sports or work must be corrected. Apply these basic rules when performing activities.



### **Piriformis Stretch**

While lying on a stable surface face up, move one leg across opposite leg until a stretch is felt on side of hip. Do not allow shoulders to raise off floor.

Hold 20 seconds.  
Repeat 3 time(s).  
Do 2 sessions(s) per day.



### **Seated Hamstring Stretch**

With foot positioned on stool or chair as shown, straighten the knee and lean forward until a stretch is felt in back of thigh.

Hold 20 seconds. Relax  
Repeat 3 time(s).  
Do 2 sessions(s) per day.



### **Tensor Fasciae Latae Stretch**

Cross uninvolved leg over the other, then lean to the uninvolved side until a stretch is felt over outside of the involved hip.

Hold 3 seconds.  
Repeat 20 time(s) in each direction.  
Do 2 session(s) per day.