

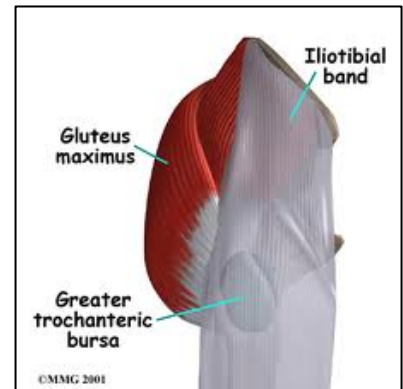


TROCHANTERIC BURSTITIS



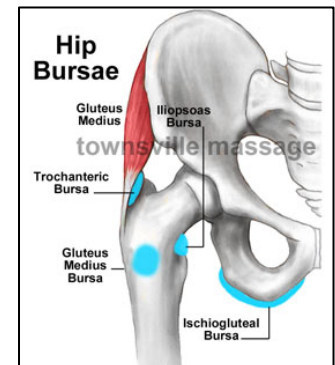
What is trochanteric bursitis?

Trochanteric bursitis is inflammation of the bursa (fluid-filled sac near a joint) at the outside point of the hip known as the greater trochanter. The iliotibial band and gluteus maximus are two muscles that go over the bursa. When this bursa becomes irritated or inflamed, it causes pain in the hip. Pain can occur on the outside of the hip and thigh or in the buttock. Pain typically increases when lying on the affected side and with activities that require the hip to go from bent to straight, such as getting up from a low chair or car.



Where does it occur?

There are small fluid-filled sacs known as bursas that cushion and support the bones of the hip. Bursas act as a cushion between bones and the soft tissues that lie atop them. There are multiple other bursas in the hip that can produce pain.



What are possible causes?

- Trauma to the hip
- Overuse due to long periods of the same activity
- Poor posture
- Stress to the soft tissues
- Bone spurs and diseases that degenerate the hip

How does physical therapy treat it?

- Strengthen – hip and pelvis muscles
- Stretch – hip muscles
- Core stability – good body mechanics
- Balance/Proprioception with activity
- Manual therapy – mobilization, massage and stretch
- Gait training – may need heel lift or orthotic

