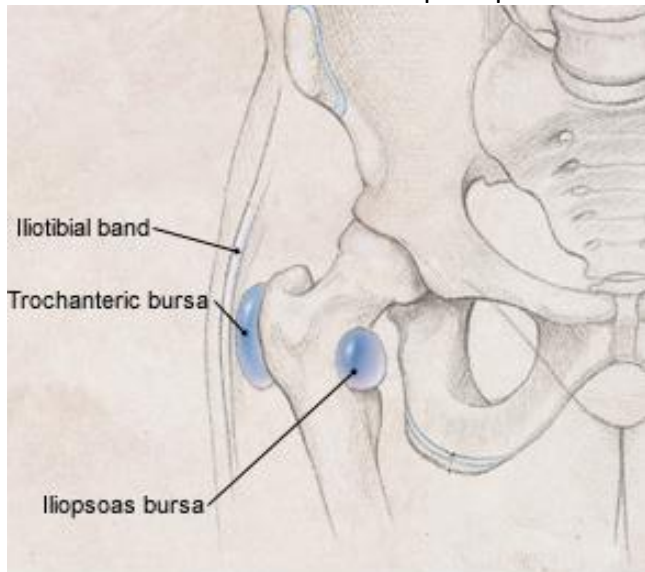


Trochanteric Bursitis

What is trochanteric bursitis?

The greater trochanter is the bony bump on the outer side of the hip. This area may become painful as a result of inflammation of the bursa that allows smooth motion between bones and tendons or muscles (A bursa is a fluid filled sac that helps to provide cushioning around bony prominences).



What are the symptoms?

Symptoms of trochanteric bursitis most commonly include pain on the outside of the hip when walking, running, sleeping on the affected side, climbing stairs and getting out of low chairs or a car seat.

What is the cause of trochanteric bursitis?

This is a common condition affecting women more than men, more common in people over fifty. However it can occur in younger people, especially runners. Causes can be due to:

- An injury, such as a fall onto the side of your hip.
- Repetitive movements involving your hip such as excessive running/walking.
- Some infections (e.g. TB) and some diseases (e.g. gout or arthritis) can be associated with an inflamed bursa.
- The presence of surgical wire, implants or scar tissue in the hip (e.g. hip surgery).
- Having a difference in your leg length.

What is the treatment for trochanteric bursitis?

- **Ice Packs** (wrapped in a damp towel) can be applied for twenty minutes every couple of hours to help relieve pain. Never apply ice directly to the skin as there is the danger of an ice burn.
- **Anti-inflammatory medication** is commonly used to relieve hip pain and inflammation, as advised by your GP.
- **Avoid aggravating positions** such as sleeping on the unaffected side with a pillow between the knees, avoiding crossing legs when sitting.
- **Stretches** to the hip (see exercises below)
- **Physiotherapy** to help reduce pain.
- **Steroid injection:** this may be helpful in persistent cases of trochanteric bursitis

Trochanteric Bursitis

Two Part Hip Rotator Stretch

Part 1.

1. Lie on your back with both knees bent and your feet flat on the floor.
2. Place the ankle of your affected leg on the opposite thigh near your knee.
3. Use your hand to slowly push your knee away from your body until you feel a gentle stretch at the front of your hip.
4. Hold the stretch for 15 to 30 seconds.
5. Repeat 2 to 4 times.

Part 2.

1. Repeat steps 1 through 5 except this time, during step 3, slowly pull your knee towards your opposite shoulder until you feel a stretch at the back of your hip.



Iliotibial Band (IT band) Stretch

1. Stand with your affected hip against a wall. For extra support you can use a chair or counter.
2. Put your weight on your affected hip and cross the other leg in front of it.
3. Raise your arm, on the same side as your affected hip, above your head.
4. Lean away from the wall, letting your affected hip press against it, until you feel a gentle stretch on the outside of your hip.
5. Hold the stretch for 15 to 30 seconds.
6. Repeat 2 to 4 times.



Trochanteric Bursitis

Straight-leg Raises

1. Lie on your side, with your affected hip on top. Support your head and stabilize yourself as necessary.
2. Tighten the muscles in your affected leg to keep your knee straight.
3. Lift your top leg until your foot is about 12 inches off the floor. Be sure to keep your hip and leg in line with the rest of your body and make sure you don't roll towards your back.
4. Hold your leg in the raised position for 6 seconds and slowly lower your leg.
5. Repeat 8 to 12 times.



Clamshell

1. Lie on your side with your affected hip on top. Support your head with a pillow and stabilize yourself as necessary.
2. Keep your legs together and bend both knees.
3. Keep your feet together and lift your top knee until your knees are about 8 to 10 inches apart. Be sure your top hip does not roll back.
4. Hold your leg in the raised position for 6 seconds and slowly lower your knee each time.
5. Rest for 10 seconds.
6. Repeat 8 to 12 times.



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