

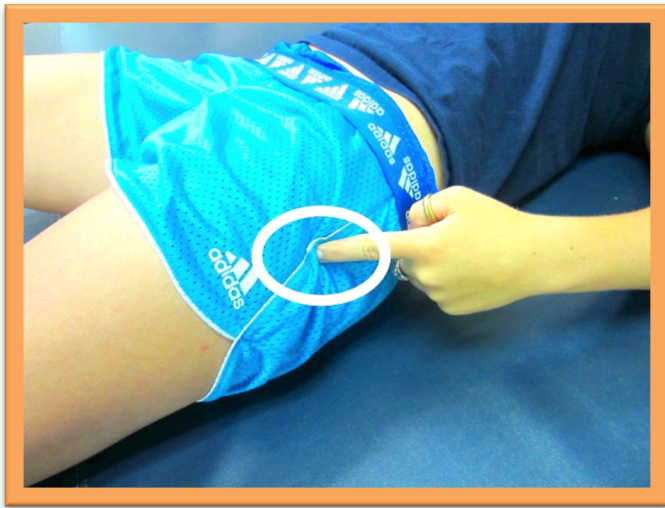


The  
Physio  
Movement

# TROCHANTERIC BURSITIS

## WHAT IS TROCHANTERIC BURSITIS?

Trochanteric bursitis is an inflammation of the small sack of lubricating fluid on the side of the hip.



## DIAGNOSIS:

A thorough subjective examination will look at the current history of the condition including aggravating and easing factors, mechanism of injury, previous hip pathology, training regime and more.

Those with trochanteric bursitis will often report tightness and pain during walking, when going up/down stairs and when lying on the painful side. Objective examination may show hip weakness, pain on palpation of the outer hip, gluteal tightness and pain on squatting. The physiotherapist may refer you on for further examination with a scan e.g. ultrasound

## CAUSES OF TROCHANTERIC BURSITIS:

- Weakness of the gluteus medius muscle or associated tendinopathy
- ITB tightness;
- Poor hip and pelvic stability;
- Rheumatoid arthritis;
- Overtraining;
- Underlying hip pathology.

## SIGNS AND SYMPTOMS:

- Pain to the outer thigh
- Pain when walking, especially hills
- Pain with prolonged sitting
- Hip weakness
- Pain or nerve symptoms when lying on the affected side
- Uneven gait or limp

## TREATMENT OPTIONS:

- Deep tissue massage
- Exercise reduction advice and cross training programs
- Gluteal strengthening programs
- Pelvic mobilisation
- PRP injections
- NSAID's
- Active release techniques
- Stretching program
- Dry Needling
- Trunk strengthening
- Education
- Pain relief strategies
- Cortisone injection
- Surgical intervention – last resort