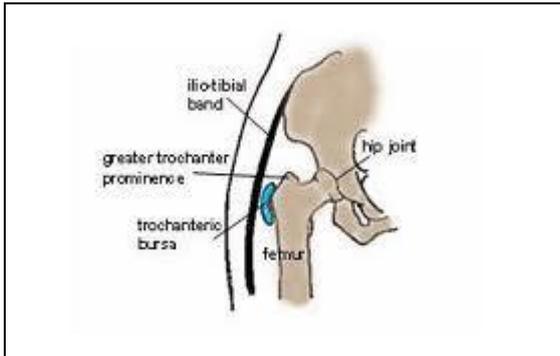


Trochanteric Bursitis

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 with walking and running, sleeping on the affected side, climbing stairs and getting out of low chairs or 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 (eg TB) and some diseases (eg gout or arthritis) can be associated with an inflamed bursa.
- The presence of surgical wire, implants or scar tissue in the hip (eg 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 attached).

Physiotherapy to help reduce pain.

In persistent cases of trochanteric bursitis a steroid injection may be helpful.