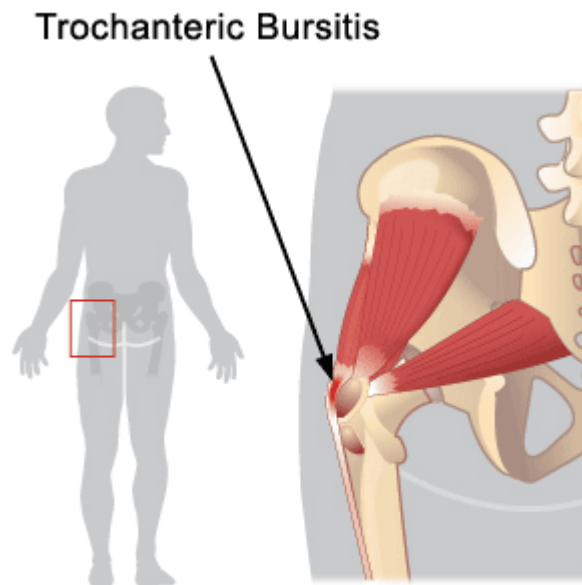


# Trochanteric Bursitis

Trochanteric bursitis refers to inflammation and swelling of the bursa located on the outside of the hip. A bursa is a fluid filled sac designed to reduce friction between bones and muscles or between muscles themselves.



Trochanteric bursitis results from excessive friction on the bursa. This is commonly the result of tight gluteal muscles of poor biomechanics around the pelvis. Tight gluteal muscles place increased pressure on the bursa, which over time can lead to bursal thickening, inflammation and thus bursitis.

The pain and tenderness associated with trochanteric bursitis is usually localised to the outside of the hip, however may radiate to the outside of the thigh as far as the knee joint. This pain is most commonly aggravated by activities such as walking, running, stair climbing, crossing your legs or getting in and out of a car. There may be an area of warmth on the outside of the hip also.

If you suspect you have trochanteric bursitis you should try and seek treatment as soon as possible to reduce the likelihood of any long term complications. Secondary complications such as chronic inflammation are possible, so the assistance of a physiotherapist is highly recommended.

Treatment for trochanteric bursitis can involve a variety of options. Firstly the physiotherapist will conduct a thorough assessment of your condition to determine the most appropriate treatment program for you, and to rule out the possibility of any secondary complications. At this point the physiotherapist may require the use of medical imaging, such as an x-ray or ultrasound, to truly determine the severity of the condition. Your medical practitioner will assist in this process

Treatment may involve a combination of:

- Icing
- Stretching
- Soft tissue massage
- Ultrasound therapy
- TENS
- Hip strengthening exercises
- Correction of biomechanical abnormalities

If these conservative treatment options fail, a cortisone injection or surgical management may be indicated.