

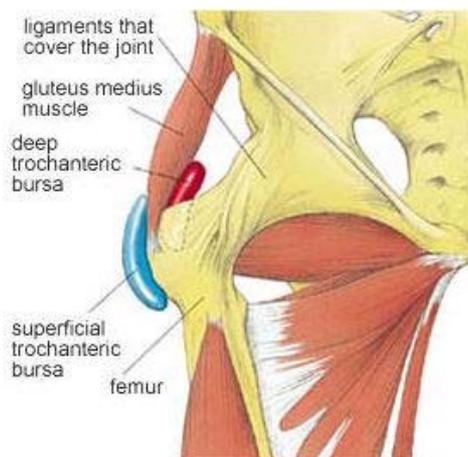
## TROCHANTERIC BURSITIS

**What is it?** Trochanteric bursitis is one of the common causes of pain on the lateral (outside) of the hip and is the result of inflammation of the superficial (& deep in severe cases) trochanteric bursa.

In some cases inflammation of these two bursae can be accompanied by local tendonitis or inflammation of the gluteal tendons & hip rotator muscles.

**What is a bursa?** Bursa are small sacs or 'cushions' of fluid found throughout the body. They sit between tendons & bones to allow tendons to slide without friction over bony surfaces. When these sacs get inflamed or irritated they can cause pain.

**Why?** Trochanteric bursitis can occur as an overuse injury due repetitive friction of the gluteal tendons as they pass over the greater trochanter during activities such as running and cycling. In these cases there is usually biomechanical deficiencies that need addressing. It can also be of acute onset from a direct blow or fall onto the lateral side of the hip



### What are the signs & symptoms?

- Pain & swelling on the side of the hip
- Pain may travel down the outside of the thigh
- Pain aggravated by lying on affected side
- Pain made worse by activities such as climbing stairs, crossing & uncrossing legs, rising from a low seated position, running & cycling.
- Tenderness directly over the greater trochanter.

### How is it diagnosed?

A skilled physiotherapist will be able to diagnose trochanteric bursitis from your clinical history & examination. Diagnosis can be confirmed via ultrasound or MRI investigation should this be required.

### What can be done?

Immediate diagnosis & correct management of this condition will assist with a speedy recovery.

Physiotherapy treatment can involve:

- **Soft tissue massage** to tight surrounding muscles
- **Dry needling / acupuncture** to assist with pain relief & relaxation of surrounding muscle spasm
- Advice regarding **activity modification**, appropriate **stretching & strengthening exercises**.
- Electrotherapy such as TENS to assist with pain relief & controlling inflammation
- **Correction of underlying biomechanical insufficiencies** such as weak gluteals, pelvic stability & pronated feet
- Use of **ice** to control inflammation
- Medication such as non steroidal anti-inflammatories (discuss this with your pharmacist)

In cases where the patient does not respond to the conservative management discussed above a cortisone injection may be warranted. This is done under ultrasound guidance. Your physiotherapist will discuss these options with you should they feel it necessary.

If you would like to make an appointment to see one of our physiotherapists contact us on **(02) 9328 3822**. Ross & Em specialise in the treatment of musculoskeletal injuries and would be happy to assist you with your recovery .

