

# Trochanteric Bursitis

## What is Trochanteric Bursitis?

Trochanteric Bursitis is inflammation of the bursa on the side of the hip. Bursae are fluid filled sacks that lie over bony prominences and allow muscles and tendons to move freely. Trochanteric Bursitis is a common cause of hip pain.

## What are the symptoms of Trochanteric Bursitis?

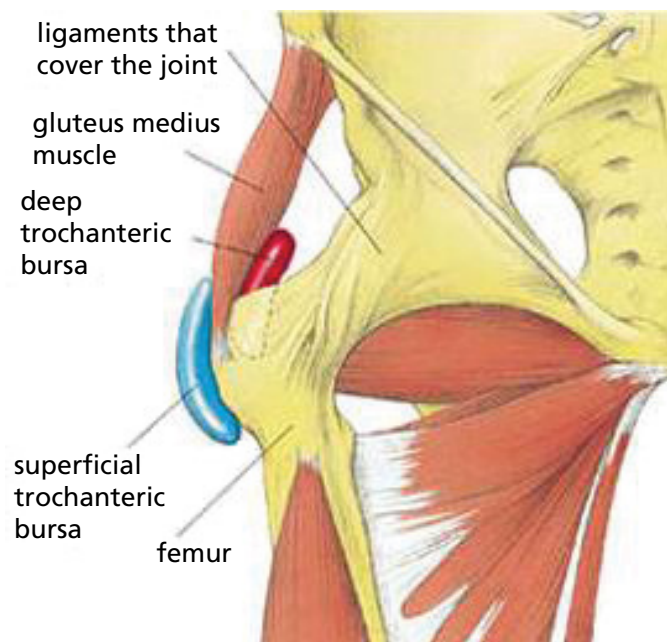
- Pain on outside aspect of hip / thigh.
- Often worse when walking and can cause limping.
- Can disturb sleep especially if lying on affected side.
- Swelling is sometimes observed on the side of the hip.

## What causes Trochanteric Bursitis?

- More common in women and in middle aged or elderly people.
- Unequal leg length.
- Altered biomechanics.
- Repetitive activities.
- Weak hip muscles.
- But in many cases the cause is unknown.

## How is Trochanteric Bursitis diagnosed?

- Your description of the symptoms and the history.
- Physical examination and tests to reproduce your symptoms.
- Most patients do not require further investigations to diagnose Trochanteric Bursitis.
- A small number of patients may require further investigations if the diagnosis is unclear following examination and history taking.



Pain in this area can often be referred from other areas such as the lumbar spine.

## How is Trochanteric Bursitis treated?

- Activity modification.
- Pain killers or anti-inflammatory medication. Your GP or local pharmacist can advise.
- Hip stretches and strengthening exercises.
- Application of a cold pack to the area
- Injection of steroid.
- Some patients require assessment from a biomechanical podiatrist.
- If you are overweight the risk of recurrence will be reduced with appropriate weight loss.

## Will I need surgery ?

Surgery is not used in the treatment of Trochanteric Bursitis.

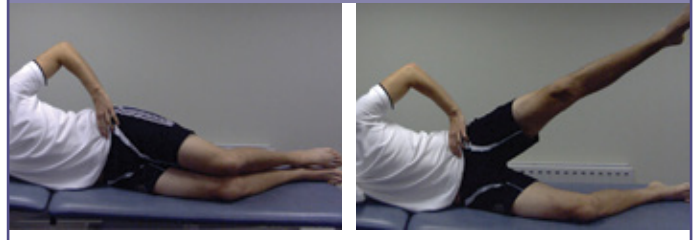
# Rehabilitation exercises for Trochanteric Bursitis

## A Gluteus medius stability



- Lie on right / left side with hips bent to 60 degrees and heels together.
- Lift top knee upwards. Ensure hip does not roll backwards.
- Hold for 10 seconds and repeat 10 times.
- Perform exercise twice a day.

## B Side leg lifts



- Lie on your right / left side.
- Gently tighten lower abdominal muscles then lift your bottom upwards ensuring you keep a neutral lower back position.
- Lift your top leg upwards approximately 50cm.
- Lift leg 10 times for 10 sets and do twice a day.

## C Piriformis



Start position



Finish position

- Lie on your back.
- Place your right / left hand on your right / left knee and push it across to the opposite side no higher than waist height.
- Use a towel around your right / left foot and pull it up towards your opposite shoulder.

- Hold for 20 seconds
- Repeat 3 times
- Perform exercise twice a day

## Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Advice and Liaison Service (PALS)** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email [lch.pals@nhs.net](mailto:lch.pals@nhs.net)

**We can make this information available in Braille, large print, audio or other languages on request.**

## D ITB



- Stand on your right / left leg.
- Step the opposite leg across in front of it then bend over to your right / left hand side.
- Hold for 20 seconds.
- Repeat 3 times.
- Perform exercise twice a day.



Leeds Community Healthcare NHS Trust accept no responsibility for pain or injury resulting from the use of these information sheets. If you experience an increase in your pain that does not settle, or any other adverse symptoms, please contact your GP or physiotherapist before continuing with the exercises.