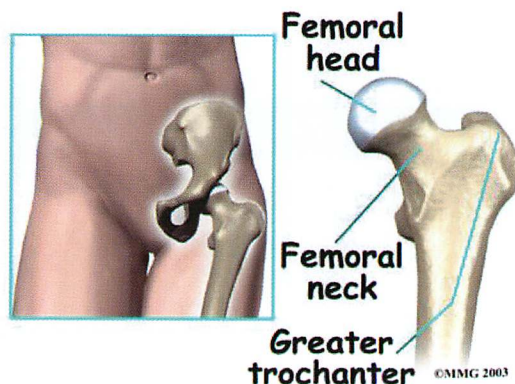


About Hip Bursitis

Hip Anatomy

- The hip joint is a ball and socket joint. The hip socket is called the acetabulum and forms a deep cup that surrounds the ball (head) of the upper thigh bone, the femur.
- The greater trochanter is the large bump on the outside of the upper end of the femur. This bump is the point where the large buttock muscles that move the hip connect to the femur.
- Where friction occurs between muscles, tendons, and bones, there is usually a structure called a bursa. A bursa is a thin sac of tissue that contains fluid to lubricate the area and reduce friction.
- There is a bursa located between the greater trochanter and the tendon of the muscles that pass over it. It is a common site for bursitis, and therefore hip bursitis is also known as *Trochanteric Bursitis*.



What is Trochanteric Bursitis?

Trochanteric or hip bursitis occurs when the bursa between the greater trochanter and tendon that passes over it becomes swollen and irritated.

What Causes Trochanteric Bursitis?

- Trochanteric bursitis can occur after an injury to the bursa, such as a fall.
- It can also occur for a number of other reasons, including recent hip surgery, running on slanted ground, having one leg that is slightly longer than the other, tightness in the tendon that crosses the greater trochanter, or weakness of the outer thigh muscles.

Symptoms

Common symptoms of trochanteric bursitis include the following:

- Pain on the outside of the hip that may radiate down the outside of the thigh or into the buttock
- Stiffness in the hip joint
- Limp when walking
- Pain with movements involving abduction and external rotation of the hip (examples include getting into/out of a car and putting your foot on your opposite leg to tie your shoe)

How Physical Therapy Can Help

Physical Therapy can help patients with trochanteric bursitis in a number of ways.

- Modalities (heat/ice, electric stimulation, ultrasound) to decrease pain/inflammation and promote healing
- Therapeutic exercises to strengthen hip muscles
- Manual techniques to improve hip range of motion (ROM)
- Personalized home exercise program to maintain strength/flexibility outside of therapy
- Education on body mechanics, technique modifications to prevent future recurrence

With physical therapy, many patients gain relief from their hip bursitis symptoms and are able to return to full activity with improved strength and flexibility.

