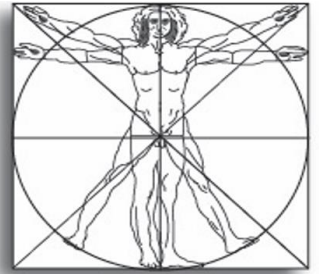


SOUTHPORT PHYSIOTHERAPY CENTRE



Winter 2022

Trochanteric / Hip Bursitis

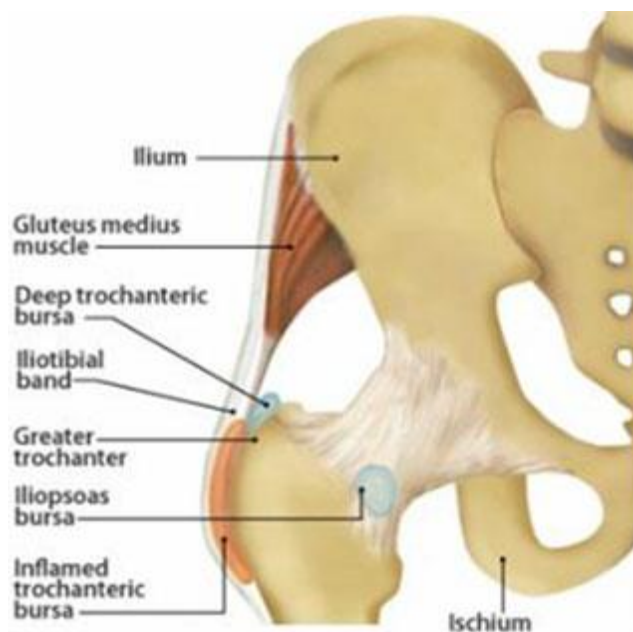


Steven Gordon
B.Phty (UQ), BHMS

**Push yourself
because no
one else is
going to do it
for you.**

Trochanteric bursitis is inflammation of a bursa (a small sack of fluid between a tendon and bone which reduces friction). When the burse becomes inflamed, it can cause pain on the lateral (outside) part of the hip.

Pain is commonly increased by deep squatting, lying on the affected side, going up stairs, sitting with your legs crossed and prolonged walking or sitting.



Inflammation of the bursa can be caused by a trauma to the hip (eg. falls) or by progressive irritation due to tight muscles and altered biomechanics. This causes friction between the tendons and bone, irritating and inflaming the sensitive bursa.

Initial management involves reducing inflammation and irritation of the bursa. This can include ice, medications, therapeutic ultrasound, exercise modification and avoiding aggravating activities. If these do not provide

significant relief, a corticosteroid injection may be required. Medication use should always be discussed with your doctor.

Other modalities which assist with swelling and pain management include electrotherapy, taping to de-load affected structures, soft tissue releases and activity modification.

Once the inflammation reduces and pain is manageable, a progressive stretching and strengthening program can be developed to reduce the risk of re-occurrence and prepare the hip for a return to exercise.

Your physiotherapist can provide you with a specific program appropriate for your individual needs and goals. This will focus on muscle recruitment, strength, endurance, flexibility, core strength, technique correction and a gradual return to activity protocol. Correct and complete rehabilitation will reduce the risk of re-occurrence and allow you to return to the activities you love!

**SOUTHPORT
PHYSIOTHERAPY
CENTRE**

3E/34 High Street
Southport
QLD 4215

P: (07) 5591 4333

southportphysio.com.au