



Hip Bursitis (Also known as Trochanteric Bursitis)

What is it?

Hip bursitis is inflammation of the bursa located at the outer point of the hip. When this bursa becomes irritated or inflamed, it causes pain in the hip. This is a common cause of hip pain. This bursa normally functions to reduce friction between the muscles and the bone.

What are the symptoms of trochanteric bursitis?

- Pain on the outside of the hip and thigh or in the buttock.
- Pain may radiate down the thigh at night.
- Pain when you press in on the outside of the hip which gets worse when getting up from a deep chair or getting out of the car.
- Pain with walking up stairs.

What causes it?

It is more common in women and in middle-aged or elderly people. Many times, the cause is unknown. Bursitis can result from one or more of the following factors:

- **Injury** to the point of the hip. This can include falling onto the hip, bumping your hip on the edge of a table or lying on one side of the body for an extended period.
- Play or work activities that cause **overuse** or injury to the joint areas (for example running up stairs, climbing or standing for long periods of time, or a sudden increase in your activity levels).
- Other diseases or conditions (rheumatoid arthritis, gout, psoriasis, thyroid disease or an unusual drug reaction)
- Previous surgery around the hip or prosthetic implants in the hip.

What should you do?

Treatment goals include reduction in pain and inflammation, as well as preserving mobility and preventing disability and recurrence. Many cases of hip bursitis are treated effectively with simple lifestyle changes such as:

- Modifying activities (i.e., avoiding the activities that make it worse)
- Non-steroidal anti-inflammatory medications (NSAIDs) to control inflammation and pain. Any medication that you take should be discussed with your GP or pharmacist.
- Sometimes a corticosteroid injection can be beneficial if severe pain persists despite the measures above

How can you prevent it?

Because most cases of bursitis are caused by overuse, it is important to avoid or modify the activities that cause the problem. Some tips:

- Avoid repetitive activities that put stress on the hips.
- Avoid sudden increase or decrease in your activity levels.
- Lose weight if you need to.
- Get a properly fitting shoe insert for leg length differences.
- Maintain strength and flexibility of the hip muscles. Examples of simple exercises are shown below.

Exercises:

- The following exercises have been provided as they may help your symptoms if done regularly.
- They are not appropriate for everyone and remember to commence these exercises at a manageable level.
- The recommended time, repetitions and frequency of each exercise are intended as a guide that you may need to modify.
- It is normal to experience some muscle fatigue and generalised muscle soreness when doing a new exercise but you should not experience severe pain or acute exacerbation of your symptoms whilst doing them and particularly not for a prolonged period of time after the exercises.
- If you are not managing consult your GP.

Pick 1 stretch and 1 strength exercise, choose the exercise you are able to do comfortably at first and progress to the one you find more difficult as able. Stretches should be done 2- 3 times per day and as many times as described with the Strength exercises.

Stretch

Lying on your back.

Bend the leg to be stretched towards your opposite shoulder with your hand. You should feel the stretching on the back of your thighs and buttock. Hold approx. 20 sec. - relax.



Repeat 3 times.

Lying on your back with knees bent. Cross the ankle of the leg to be stretched over the other knee. Put your arms around the thigh as shown.



Bring your thigh towards your stomach. Feel the stretch in you buttock. Hold 30 seconds. Repeat 3 times.



Strength

Sidelying. Keep the leg on the bed bent and the upper leg straight.



Lift the upper leg straight up with ankle flexed and the heel leading the movement.

Repeat 10 times, start with 1 set per day, and build up to 2 sets per day in the second week and 3 sets per day by the 4th week.



START POSITION: Lie on the side with the pelvis square and the hips and knees bent.

ACTION: Leaving the heels together, lift the top knee by turning the hip out try not to let the back or pelvis twist.

Repeat 10 times, start with 1 set per day, and build up to 2 sets per day in the second week and 3 sets per day by the 4th week.