

Trochanteric Bursitis

- It involves inflammation or irritation of the trochanteric bursae located on the lateral hip, superficial to the greater trochanter. A bursae is a small fluid-filled sac that provides a cushion between bones & tendons and/or muscles around a joint. These sacs assist in minimizing friction and allowing free movement. Bursae are found around most major joints of the body. The trochanteric bursae of the hip when inflamed or irritated can become very debilitating. Some studies have shown that more than 60% of all hip pain involve trochanteric bursitis.

Signs/ & Symptoms:

- Pain at the outside of the hip that may radiate into lateral thigh & may result in altered gait mechanics such as limping.
- Increasing pain w/ compression of bursae or when hip is flexed; therefore can affect sleeping positions
- Tenderness & swelling/ heat surrounding the bursae
- Compensatory hip jt. or muscular restrictions into the hip & knee

Causes:

- Frequent repetitive hip flexion/ stress act(s) such as running, jumping, squatting or ascending stairs can aggravate the bursae. However, sedentary act(s) such as prolonged sitting or standing can cause severe pain when transitioning into different positions such as a sit to stand movement.
- Direct trauma to the lateral hip such as a mechanical fall
- Leg length discrepancy, weak hip abd(s), ITBS &/ or overly tight hip add(s)

Treatment:

- Varies widely, but may include rest, ice, hip abd. strengthening, stretching, soft tissue mobilization, proper shoe wear, proper body/ movement mech(s) along w/ an Integration of Physical Therapy, Sports Acupuncture, Integrative Dry Needling, Dynamic Cupping and ART for restoring normal length/ tension of involved tissues.

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