Trochanteric Bursitis

What is trochanteric bursitis?

Trochanteric bursitis is irritation or inflammation of the trochanteric bursa. A bursa is a fluid-filled sac that acts as a cushion between tendons, bones, and skin. The trochanteric bursa is located on the upper, outer area of the thigh. There is a bump on the outer side of the upper part of the thigh bone (femur) called the greater trochanter. The trochanteric bursa is located over the greater trochanter.

How does it occur?

The trochanteric bursa may be inflamed by a group of muscles or tendons rubbing over the bursa and causing friction against the thigh bone. This injury can occur with running, walking, or bicycling, especially when the bicycle seat is too high.

What are the symptoms?

You have pain on the upper outer area of your thigh or in your hip. The pain is worse when you walk, bicycle, or go up or down stairs. You have pain when you move your thigh bone and feel tenderness in the area over the greater trochanter.

How is it diagnosed?

Your doctor will ask about your symptoms and examine your hip and thigh.

How is it treated?

Treatment may include the following:

- putting ice packs on your thigh for 20 to 30 minutes every 3 to 4 hours for 2 to 3 days or until the pain goes away
- taking anti-inflammatory medication prescribed by your doctor
- getting a corticosteroid injection into the bursa to reduce the pain and swelling.

While you are recovering from your injury you will need to change your sport or activity to one that does not make your condition worse. For example, you may need to swim instead of running or bicycling. If you are bicycling, you may need to lower your bicycle seat.

When can I return to my sport or activity?

The goal of rehabilitation is to return you to your sport or activity as soon as is safely possible. If you return too soon you may worsen your injury, which could lead to permanent damage. Everyone

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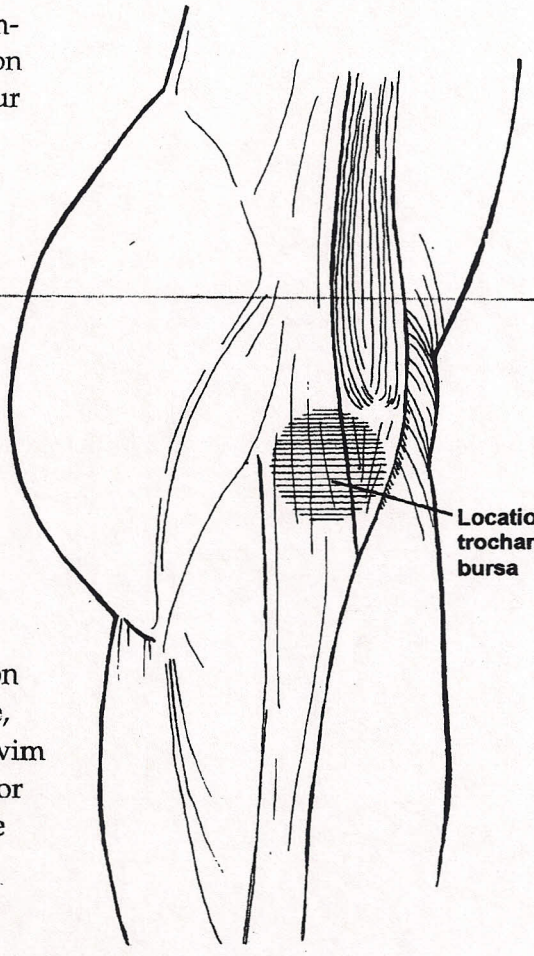


Side view of hip and thigh

Trochanteric Bursitis

recovers from injury at a different rate. Return to your sport or activity will be determined by how soon your leg recovers, not by how many days or weeks it has been since your injury occurred. In general, the longer you have symptoms before you start treatment, the longer it will take to get better.

You may safely return to your sport or activity when, starting from the top of the list and progressing to the end, each of the following is true:

- You have full range of motion in the injured leg compared to the uninjured leg.
- You have full strength of the injured leg compared to the uninjured leg.
- You can jog straight ahead without pain or limping.
- You can sprint straight ahead without pain or limping.
- You can do 45-degree cuts, first at half-speed, then at full-speed.
- You can do 20-yard figures-of-eight, first at half-speed, then at full-speed.
- You can do 90-degree cuts, first at half-speed, then at full-speed.
- You can do 10-yard figures-of-eight, first at half-speed, then at full-speed.
- You can jump on both legs without pain and you can jump on the injured leg without pain.

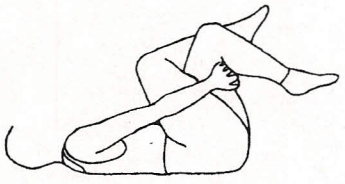
How can I prevent trochanteric bursitis?

Trochanteric bursitis is best prevented by warming up properly and stretching the muscles on the outer side of your upper thigh.

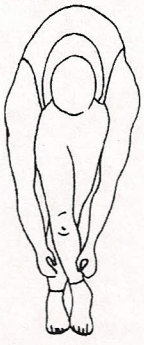
Trochanteric Bursitis Rehabilitation Exercises

You can begin stretching the muscles that run along the outside of your hip using exercises 1 and 2. You can do strengthening exercises 3 through 5 when the sharp pain lessens.

1. Piriformis stretch: Lying on your back with both knees bent, rest the ankle of your injured leg over the knee of your uninjured leg. Grasp the thigh of your uninjured leg and pull that knee toward your chest. You will feel a stretch along the buttocks and possibly along the outside of your hip on the injured side. Hold this for 30 seconds. Repeat 3 times.



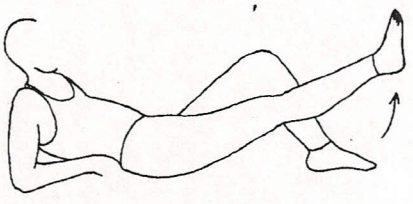
Piriformis stretch



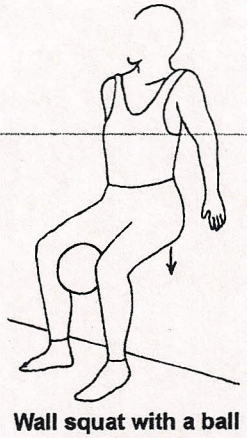
Iliotibial band stretch

2. Iliotibial band stretch: Standing, cross your uninjured leg in front of your injured leg and bend down and touch your toes. You can move your hands across the floor toward the uninjured side and you will feel more of a stretch on the outside of your injured leg. Hold this position for 30 seconds. Return to the starting position. Repeat 3 times.

3. Straight leg raise: Lie on your back with your legs straight out in front of you. Tighten up the top of your thigh muscle on the injured leg and lift that leg about 8 inches off the floor, keeping the thigh muscle tight throughout. Slowly lower your leg back down to the floor. Do this 10 times. Do 3 sets of 10.



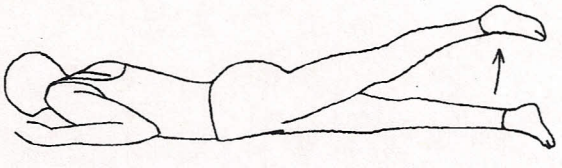
Straight leg raise



Wall squat with a ball

4. Wall squat with a ball: Stand with your back, shoulders, and head against a wall and look straight ahead. Keep your shoulders relaxed and your feet 1 foot away from the wall and a shoulder's width apart. Place a rolled up pillow or a nerf ball between your thighs. Keeping your head against the wall, slowly squat while squeezing the pillow or ball at the same time. Squat down until you are almost in a sitting position. Your thighs will not yet be parallel to the floor. Hold this position for 10 seconds and then slowly slide back up the wall. Make sure you keep squeezing the pillow or ball throughout this exercise. Do 10 repetitions and build up to 3 sets of 10.

5. Gluteal strengthening: Lie on your stomach with your legs straight out behind you and tighten up your buttock muscles. Lift your injured leg off the floor, keeping the knee straight. Lift your leg about 6 to 8 inches off of the floor, hold for 3 seconds, and slowly return your leg to the floor. Do 3 sets of 10 repetitions.



Gluteal strengthening