

TROCHANTERIC BURSTITIS

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 healthcare provider 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 medicine prescribed by your healthcare provider (adults aged 65 years and older should not take non-steroidal anti-inflammatory medicine for more than 7 days without their healthcare provider's approval)
- 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.

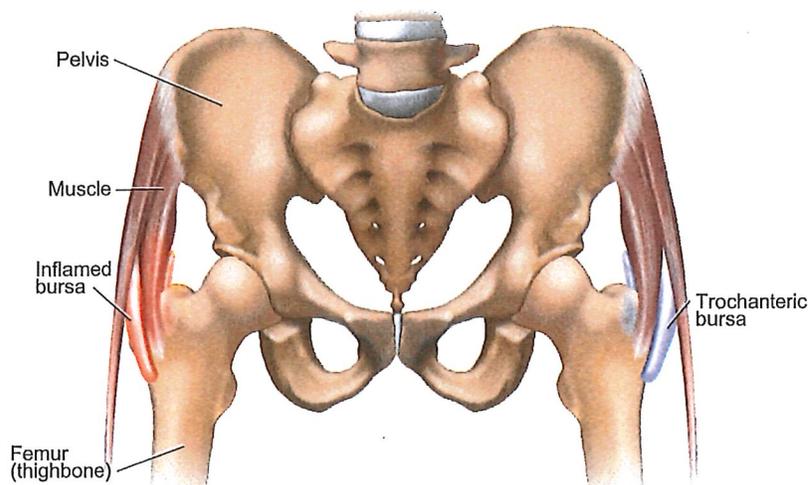
When can I return to my sport or activity?

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 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

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- 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?

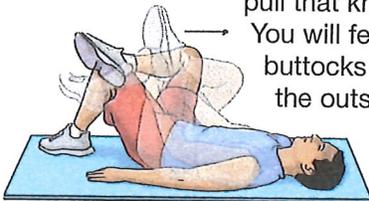
Trochanteric bursitis is best prevented by warming up properly and stretching the muscles on the outer side of your upper thigh.

TROCHANTERIC BURSITIS REHABILITATION EXERCISES

You can begin stretching the muscles that run along the outside of your hip using the first 3 exercises. You can do the strengthening exercises when the sharp pain lessens.

Stretching exercises

1. GLUTEAL STRETCH: Lying on your back with both knees bent, rest the ankle of one leg over the knee of your other leg. Grasp the thigh of the bottom 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 top leg. Hold this for 15 to 30 seconds. Repeat 3 times.



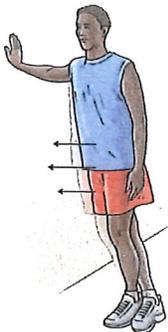
GLUTEAL STRETCH

2. ILIOTIBIAL BAND STRETCH: STANDING: Cross one leg in front of the other leg and bend down and touch your toes. You can move your hands across the floor toward the front leg and you will feel more stretch on the outside of your thigh on the other side. Hold this position for 15 to 30 seconds. Return to the starting position. Repeat 3 times.



ILIOTIBIAL BAND STRETCH: STANDING

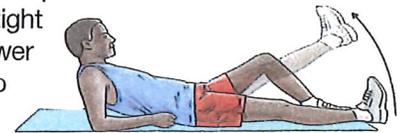
3. ILIOTIBIAL BAND STRETCH: SIDE-LEANING: Stand sideways near a wall. Place one hand on the wall for support. Cross the leg farthest from the wall over the other leg, keeping the foot closest to the wall stable. Lean into the wall. Hold the stretch for 15 seconds and repeat 3 times.



ILIOTIBIAL BAND STRETCH: SIDE-LEANING

Strengthening exercises

4. STRAIGHT LEG RAISE: Lie on your back with your legs straight out in front of you. Bend one knee and place the foot flat on the floor. Tighten up the top of your thigh muscle on the opposite 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 3 sets of 10 on each side.



STRAIGHT LEG RAISE

5. PRONE HIP EXTENSION: Lie on your stomach with your legs straight out behind you. Tighten up your buttocks muscles and lift one leg off the floor about 8 inches. Keep your knee straight. Hold for 5 seconds. Then lower your leg and relax. Do 3 sets of 10.



PRONE HIP EXTENSION

6. SIDE-LYING LEG LIFT: Lying on your side, tighten the front thigh muscles on your top leg and lift that leg 8 to 10 inches away from the other leg. Keep the leg straight. Do 3 sets of 10.



SIDE-LYING LEG LIFT

7. 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 2 feet away from the wall and a shoulder's width apart. Place a soccer or basketball-sized ball behind your back. Keeping your head against the wall, slowly squat down to a 45 degree angle. Your thighs will not yet be parallel to the floor. Hold this position for 10 seconds and then slowly slide back up the wall. Repeat 10 times. Build up to 3 sets of 10.



WALL SQUAT WITH A BALL

GLUTEAL STRAIN REHABILITATION EXERCISES

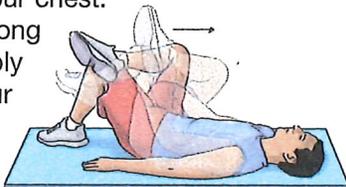
You can stretch your gluteal muscles using the first 2 exercises right away.

1. SINGLE KNEE TO CHEST STRETCH: Lie on your back with your legs straight out in front of you. Bring one knee up to your chest and grasp the back of your thigh. Pull your knee toward your chest, stretching your buttock muscle. Hold this position for 15 to 30 seconds and return to the starting position. Repeat 3 times on each side.



SINGLE KNEE TO CHEST STRETCH

2. GLUTEAL STRETCH: Lying on your back with both knees bent, rest the ankle of one leg over the knee of your other leg. Grasp the thigh of the bottom 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 top leg. Hold this for 15 to 30 seconds. Repeat 3 times.



GLUTEAL STRETCH

You can begin strengthening your gluteal muscles as soon as the sharp pain goes away and you only have a dull ache when doing the gluteal isometrics exercise.

3. GLUTEAL SETS: Lie on your stomach with your legs straight out behind you. Squeeze your buttock muscles together and hold for 5 seconds. Release. Do 3 sets of 10.



GLUTEAL SETS

You can begin strengthening your gluteal muscles as soon as the sharp pain goes away and you only have a dull ache when doing the gluteal sets. After gluteal sets become easier, you can do the next 3 gluteal strengthening exercises.

4. PRONE HIP EXTENSION (BENT LEG): Lie on your stomach with a pillow underneath your hips. Bend one knee, tighten up your buttocks muscles, and lift your leg off the floor about 6 inches. Keep the leg on the floor straight. Hold for 5 seconds. Then lower your leg and relax. Do 3 sets of 10.



PRONE HIP EXTENSION (BENT LEG)

5. RESISTED HIP EXTENSION: Stand facing a door with elastic tubing tied around one ankle. Knot the other end of the tubing and shut the knot in the door. Pull your leg straight back, keeping your knee straight. Make sure you do not lean forward. Do 3 sets of 10.



RESISTED HIP EXTENSION

To challenge yourself, move farther away from the door so the tubing provides more resistance.



RESISTED HIP ABDUCTION

6. RESISTED HIP ABDUCTION: Stand sideways near a doorway. Tie elastic tubing around the ankle on your leg which is away from the door. Knot the other end of the tubing and close the knot in the door. Extend your leg out to the side, keeping your knee straight. Return to the starting position. Do 3 sets of 10.

To challenge yourself, move farther away from the door.

After the gluteal strengthening exercises become easy, strengthen your buttock muscles by doing lunges.

7. LUNGE: Stand and take a large step forward with your right leg. Dip your left knee down toward the floor and bend your right leg. Return to the starting position. Repeat the exercise, this time stepping forward with the left leg and dipping the leg on your right side down. Do 3 sets of 10 on each side.



LUNGE