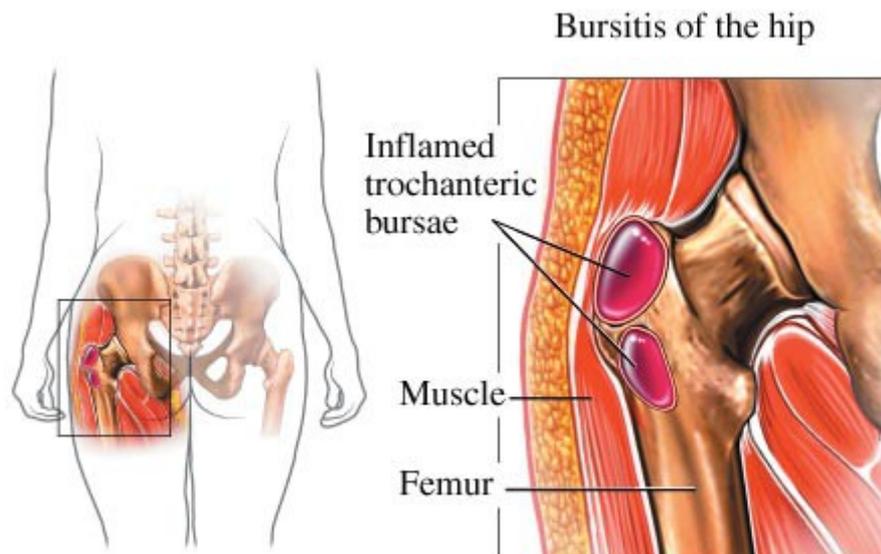


TRONCHANTERIC BURSITIS



What is it?

This is inflammation of the small cushioning sac where the tendons pass over the bones around the joint (known as the bursa), this is found over the bone on the side of your hip (femur).

What are the symptoms?

These include the following, and you may experience one or more of them:

- Pain and swelling around the side of your hip
- Pain that travels down the outside of your thigh to maybe as far as the knee (known as referred pain)
- Pain when sleeping on the affected hip
- Pain when getting up after sitting for a while, or sitting with your legs crossed
- Pain when climbing the stairs, or when walking, standing and cycling for long periods

What causes it?

This can be caused by a fall or a sport related impact. It can also be caused by over use of the hip, for example running with poor muscle control and technique, excessively walking to the point of fatigue or cycling with the seat set too high.

It can also be associated with:

- Weak hip muscles
- Leg length discrepancy
- Curvature of the spine (scoliosis)
- Osteo-arthritis of the lower back or hip
- Rheumatoid arthritis

Diagnosis and treatment

We, at Weaver Physiotherapy, will give you a thorough assessment of your hip, pelvis and back, taking into account your medical history to determine the correct diagnosis.

Treatment would include ice therapy, techniques (for example electrotherapy, taping, sports massage, acupuncture) and exercise to deload the inflamed structure.

Once the inflammation has abated and the pain become manageable your physiotherapist will work on restoring normal range of movement, muscle length, strength and resting tension, as well as endurance, balance and gait.

Finally, your physiotherapist, will tailor your rehabilitation to enable you to return to your desired activity.

Exercises will be provided to address your biomechanics and core strength to prevent re-occurrence, your physiotherapist will guide you enabling you return to your activity safely