

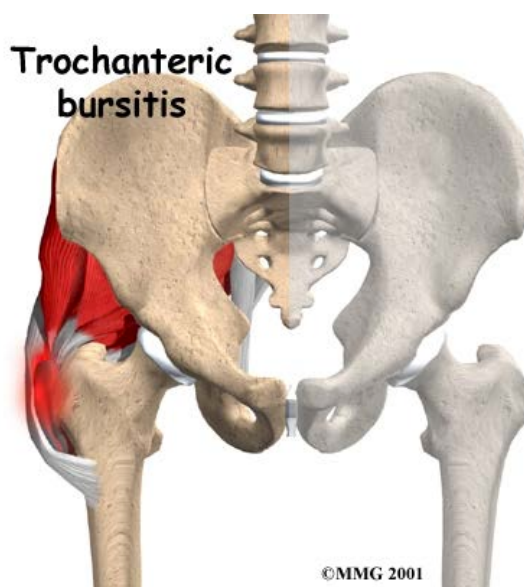


Understanding Trochanteric Bursitis

A Patient Information Pamphlet

Introduction :

We are providing you with important information about Trochanteric Bursitis. Please read this information sheet carefully and feel free to ask any questions or seek clarification from us.



What is Trochanteric Bursitis?

Trochanteric bursitis is a condition characterized by inflammation of the bursa sac located near the greater trochanter of the femur, a bony prominence on the side of the hip. This inflammation can cause pain and discomfort in the outer hip area, often exacerbated by walking, running, or lying on the affected side.

What are the causes and symptoms?

Causes

Trochanteric bursitis is often caused by repetitive stress or overuse of the hip joint. Certain factors such as tight hip muscles, poor biomechanics, hip injuries, or underlying medical conditions may contribute to the development of this condition.

Symptoms

Common symptoms of trochanteric bursitis include:

- Pain and tenderness on the outer part of the hip, particularly with walking or climbing stairs.
- Swelling or inflammation over the greater trochanter of the femur.
- Pain that may radiate down the outer thigh or buttock.
- Difficulty lying on the affected side, especially at night.

Diagnosis and Treatment Options :

Treatment for trochanteric bursitis typically involves a combination of conservative measures and, in some cases, medical interventions. These may include:

- Resting the affected hip and avoiding activities that exacerbate symptoms.
- Applying ice packs to reduce pain and inflammation.
- Taking nonsteroidal anti-inflammatory medications (NSAIDs) to alleviate pain and reduce inflammation.
- Physical therapy to strengthen the hip muscles and improve flexibility.
- Corticosteroid injections to reduce inflammation and provide temporary pain relief.
- Ultrasound-guided aspiration of the bursa sac to remove excess fluid.

Managing and Preventing :

To manage and prevent trochanteric bursitis, consider the following tips:

- Avoid activities that place excessive stress on the hip joint, such as running on hard surfaces or sitting for prolonged periods.
- Use proper footwear and orthotics to support the feet and correct any biomechanical issues.
- Perform stretching and strengthening exercises to improve hip muscle flexibility and strength.
- Maintain a healthy weight to reduce pressure on the hip joint.
- Consider using assistive devices such as walking aids or braces to support the hip during activities.



If you have any questions or require further clarification, please do not hesitate to reach out to us.

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