



## What is it?

Hip bursitis is inflammation of the bursa located at the outer point of the hip. When this bursa becomes irritated or inflamed, it causes pain in the hip. This is a common cause of hip pain. This bursa normally functions to reduce friction between the muscles and the bone.

## What are the symptoms of trochanteric bursitis?

- Pain on the outside of the hip and thigh or in the buttock.
- Pain may radiate down the thigh at night.
- Pain when you press in on the outside of the hip which gets worse when getting up from a deep chair or getting out of the car.
- Pain with walking up stairs.

## What causes it?

It is more common in women and in middle-aged or elderly people. Many times, the cause is unknown. Bursitis can result from one or more of the following factors:

- Injury to the point of the hip. This can include falling onto the hip, bumping your hip on the edge of a table or lying on one side of the body for an extended period.
- Sport or work activities that cause overuse or injury to the joint areas (for example running up stairs, climbing or standing for long periods of time).
- Other diseases or conditions such as (rheumatoid arthritis, gout, psoriasis, thyroid disease or an unusual drug reaction)
- Previous surgery around the hip or prosthetic implants in the hip.

## What should you do?

Treatment goals include reduction in pain and inflammation, as well as preserving mobility and preventing disability and recurrence. Many cases of hip bursitis are treated effectively with simple lifestyle changes such as:

- Modifying activities (i.e., avoiding the activities that make it worse)
- Non-steroidal anti-inflammatory medications (NSAIDs) to control inflammation and pain. Any medication that you take should be discussed with your GP or pharmacist.
- Specific exercises prescribed by your Physiotherapist aimed at helping improve flexibility and strength in certain muscles around your hip and pelvis.

## Can you prevent it?

Because most cases of bursitis are caused by overuse, it is important to avoid or modify the activities that cause the problem. Some tips:

- Avoid repetitive activities that put stress on the hips.
- Lose weight if you need to.
- Get a properly fitting shoe insert for leg length differences.
- Maintain strength and flexibility of the hip muscles.

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