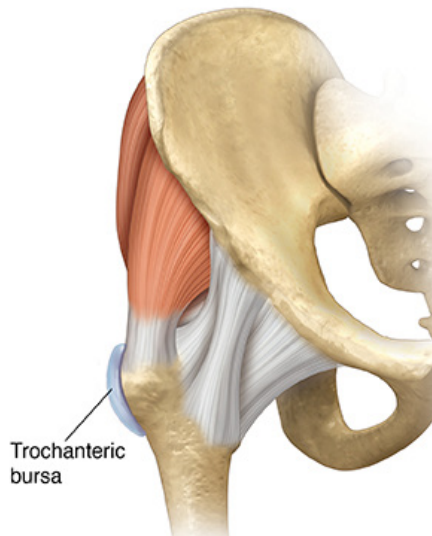


HIP BURSTITIS

What is Hip Bursitis?

Bursitis is caused by inflammation of a bursa, a small jelly-like sac that usually contains a small amount of fluid. Bursas are located throughout the body and they act as cushions between our bones and help reduce friction between the gliding muscles and the bone.



Possible causes of hip pain?

The bony part of the hip is called the greater trochanter. The trochanter has a fairly large bursa overlying it that occasionally becomes irritated, resulting in hip bursitis. Hip bursitis can be found in athletes – common for runners and running-oriented sports, injury from falling, and post surgical patients such as from a hip fracture or total hip replacement.

What are the Symptoms?

- Pain at the point of the hip extending into the outside of the thigh area
- Pain is sharp and intense
- Typically pain is worse at night when lying on the affected side
- Swelling over the bursa

How is it Diagnosed?

Hip Bursitis can affect anyone but is most common in middle-aged to elderly women. Your provider will perform a comprehensive physical examination, looking for tenderness in the area of the trochanter. Your provider may require additional testing such as an x-ray, ultrasound, or an MRI.

What are the treatment options?

Most people with hip bursitis can find pain relief with simple, noninvasive treatments or lifestyle changes including:

- modification of activities – avoid activities that worsen symptoms
- use of an anti-inflammatory medication such as ibuprofen (should be used cautiously and for limited periods)
- use of an ambulatory aid when needed
- physical therapy
- injection of a corticosteroid
- surgical removal of the bursa – arthroscopic removal is a less invasive, less painful and quick recovery

Prevention

Prevention is aimed at avoiding behavior or activities that make the inflammation of the bursa worse. Avoid repetitive activities that put stress on the hips, lose weight (if warranted), properly fitting shoe insert to compensate for leg-length difference, and maintain strength and flexibility of the hip muscles.

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