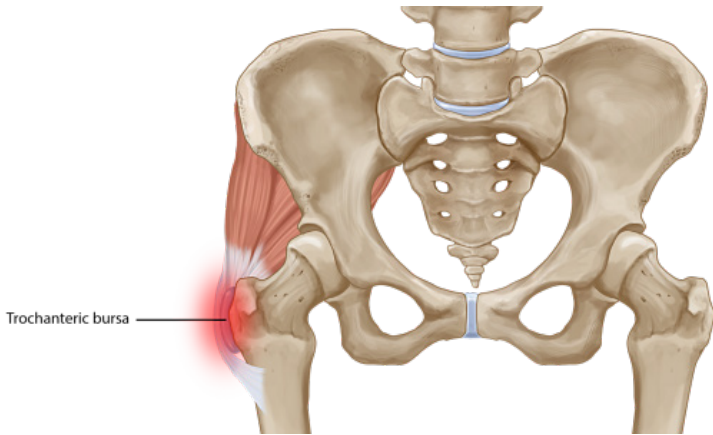


TROCHANTERIC PAIN SYNDROME

Trochanteric pain syndrome is characterized by painful inflammation of the bursa, a fluid filled sac, or irritation of the tendons of the hip. The bursa is located just over the greater trochanter, a bony projection of the femur on the side of the hip, which may be tender to touch. The bursa occasionally will develop inflammation and result in pain with walking. Patients typically complain of hip pain, although the hip joint itself is not involved. The pain may radiate down the side of the thigh.



Cause

Trochanteric pain syndrome can be the result of repetitive use or an acute injury. Repetitive, cumulative irritation often occurs in runners but also can be seen in less active individuals. Acute injury involves direct impact to the bursa from falls, contact sports, or traumatic injury to the hip.

Signs & Symptoms

Trochanteric pain syndrome is aggravated when a patient lies on the bursa. The pain may awaken a patient at night. Hip movements such as walking, running, standing, and other strenuous activities can worsen the symptoms. Patients may report that the pain limits the strength of their hip or leg.

Conservative Treatment

Trochanteric pain syndrome typically resolves over time with conservative treatment including NSAIDs, activity modification, ice, physical therapy, and weight-loss. Cortisone injections into the inflamed bursa may also be beneficial when paired with physician-directed home exercises or physical therapy.

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