



Trochanteric bursitis is inflammation and/or swelling of the bursa (fluid filled sac) on the outside/lateral hip known as the greater trochanter.

### CAUSES

- Injury
- Overuse of the muscles surrounding the hip joint
- Arthritis
- Incorrect posture
- Inactivity
- Deconditioning
- Bone spurs or calcium deposits that attach to the trochanter
- Previous hip surgery

### SYMPTOMS:

- Pain with motion of the hip
- Pain when lying on the affected side
- Pain with palpation
- Pain with certain activities, such as getting up from a chair or out of a car
- Pain with climbing stairs
- Pain DOES NOT radiate into the lower leg

### TREATMENT

- Nonsteroidal anti-inflammatory medication
  - NSAIDS help decrease swelling, pain and fever. **ALWAYS ASK YOUR PROVIDER IF NSAIDS ARE SAFE.**
- Physical therapy to include range of motion exercises
- Steroid injection to decrease inflammation and pain

### SEEK MEDICAL CARE IF:

- Your symptoms get worse or do not improve in two to four weeks, despite treatment
- You have a fever or the area affected appears red, swollen or warm
- New, unexplained symptoms develop