

Want to know a little more?

Trochanteric Bursitis

The hip joints are formed by the upper end of the femur (thigh bone) and the pelvis. The bony prominence of the hips that you feel is the greater trochanter part of the femur.

Overlaying the trochanter is the skin and then underneath the iliotibial tract which is a fibrous band running down the outside of the thigh to the knee. Between the iliotibial band and the trochanter sits the bursa which is a fluid filled sack that acts as a shock absorber to protect the trochanter.

Trochanteric bursitis involves the bursa becoming inflamed and swollen, thereby causing pain at the hip which may refer down the thigh. Activities such as going up stairs and laying on your side are particularly uncomfortable.

Trochanteric bursitis can develop from one or more of several things including:

- Tightness of thigh and buttock muscles
- Low back problems
- Sacroiliac (pelvis) joint problems
- Weakness of particular buttock muscles and core stability muscles
- Poor biomechanics of the hip and leg

Management of trochanteric bursitis involves addressing all the contributing factors and therefore may differ between people. Your physiotherapist can assess and manage the various factors, and may then guide you with strengthening and stretching exercises, massage, and correcting poor biomechanics.

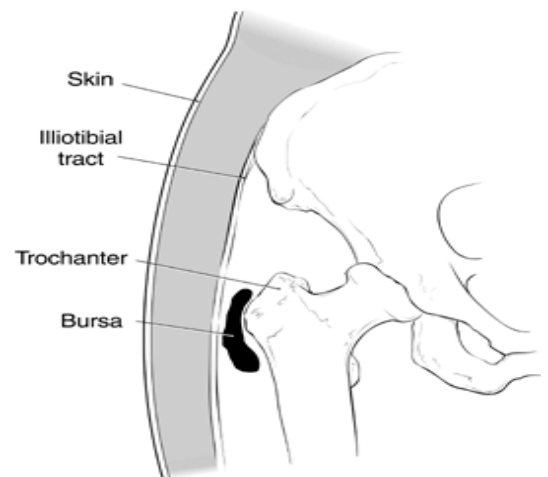


Image 1: Relationship of trochanteric bursa between the iliotibial band and the greater trochanter.

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