



# TROCHANTERIC BURSITIS

*Understand your injury.  
Know your next steps.*

## What is Trochanteric Bursitis?

Bursa sacs are like small plastic bags that buffer muscle tendons where they attach to bones. The trochanteric bursa sac is located on the outside of each hip. It sits on top of the greater trochanter and underneath the gluteal muscles and tendons. A healthy trochanteric bursa allows for the muscles to slide along their bony attachments as you move and walk. If the trochanteric bursa is inflamed, walking and sitting can be very painful.

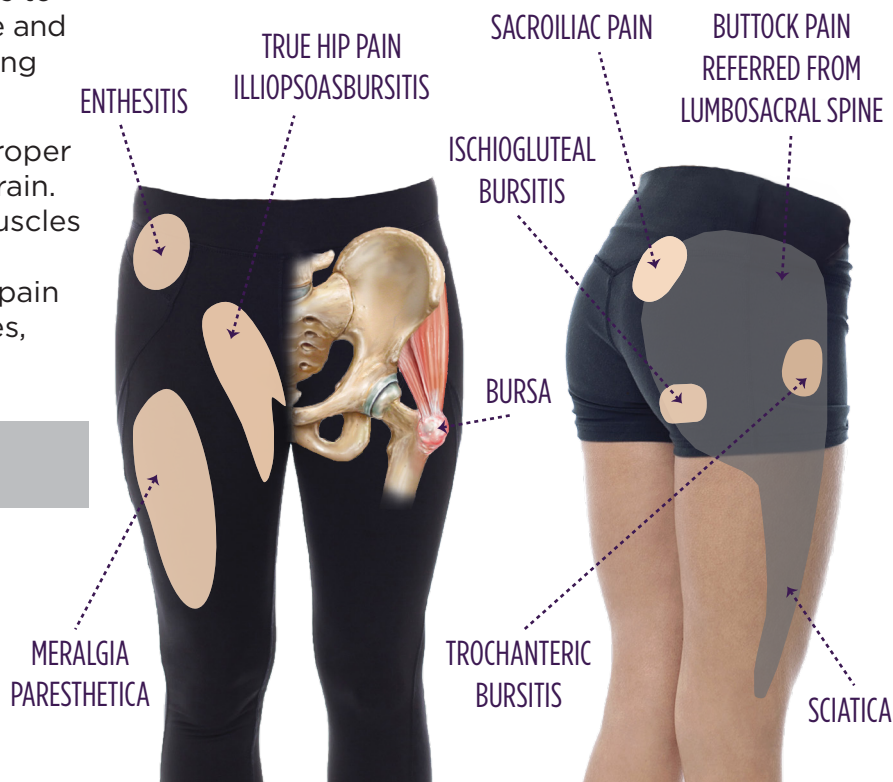
One of the most common causes involves improper walking techniques, due to a minor injury or strain. Over time, a person can overuse the gluteal muscles and they get irritated where they attach to the bone, and the bursa becomes inflamed. Other pain contributors include flat feet, poor shoe choices, and tight muscles in the hip and legs.

## What are the symptoms?

- >> Pain on the outside of the hip
- >> Sharp pain which progresses to a dull ache
- >> Pain that makes activity and sleep difficult
- >> Worsen pain when getting up out of a chair, using stairs, and during extended walking, running or biking

## How does my specialist diagnose it?

A discussion of your symptoms, a physical examination, and X-rays are useful for a diagnosis. Your specialist may recommend having an MRI scan as well.



For expert advice on how to stay healthy and active, visit [summitortho.com](http://summitortho.com).



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## **What are the treatment options? What does my specialist recommend?**

Your hip specialist has developed a treatment plan based on your specific situation. His or her recommendation, for you, has been selected from the treatment options below.

TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/> ICE	Placing a bag of ice directly on the hip for twenty minutes prevents swelling and inflammation from occurring inside the hip.	Contact us if symptoms do not improve (651) 968-5201
<input type="checkbox"/> ACTIVITY MODIFICATION	If certain activities aggravate your condition, you may need to discontinue those for a period of time.	Contact us if symptoms do not improve (651) 968-5201
<input type="checkbox"/> INJECTIONS	A cost effective alternative to surgery. Medication is injected directly into the joint in the specialist's office.	Set up an injection appointment: (651) 968-5201
<input type="checkbox"/> PHYSICAL THERAPY	A therapist can work with you to first control your pain and inflammation. They then will help you regain your strength and range of motion.	Set up a physical therapy appointment: (651) 968-5600
<input type="checkbox"/> WELLNESS	Start with a free wellness consult to explore your goals and what tools are available to you.	Set up a wellness consultation: (651) 968-5766
<input type="checkbox"/> INTEGRATED PHYSICAL THERAPY AND WELLNESS	Our team of physical therapists, performance specialists, and registered dietitians works collaboratively with you in designing an integrated rehabilitation plan that will help you reach your full potential.	Set up an integrated consultation: (651) 968-5766
<input type="checkbox"/> SURGERY	If you fail to improve after nonsurgical care, your specialist may wish to intervene surgically. Your specialist can discuss the details of the surgery with you should it become necessary.	Set up surgery appointment: (651) 968-5201

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