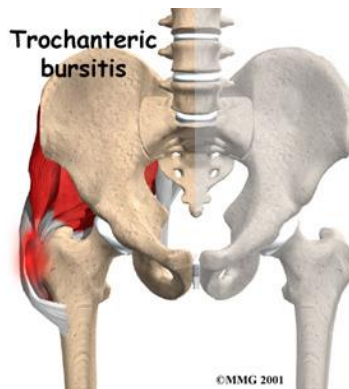




Trochanteric Bursitis & Gluteal Tendinopathy

What is it?

Trochanteric bursitis is painful inflammation of the bursa (a fluid-filled sac that cushions your tendons, ligaments and muscles) on the outside of the hip. Trochanteric bursitis usually causes pain on the outer hip, especially with lying on the affected side, running and walking. However, this injury is prone to be stubborn and chronic. In these cases, many patients with lateral hip pain often *don't* have a swollen, inflamed bursa. Instead, the gluteal tendons appear to have some *degeneration, chronic scarring and even partial tearing of the tendon*. This term is called “*Gluteal Tendinopathy or gluteal tears.*”



What causes it?

Several things can cause Trochanteric bursitis or Gluteal Tendinopathy, but the most common cause is repeated overuse of the hip. Other common reasons include core and hip muscle weakness, biomechanical abnormalities, muscle imbalance and trauma.

Acute Treatment:

- NSAIDs (Ibuprofen, Motrin, Aleve, Naprosyn, etc.)
- Limit running & jumping. Focus on low-impact exercise (ie: swimming, Aquafit, elliptical, stationary bike, resistance training, rowing, etc)
- Home exercises – strengthen weak hip and core muscles
- Cortisone injections – may be helpful

Chronic Treatment:

- *Physical therapy* – the most important step!
- Yoga – for hip/pelvis flexibility, balance, and core strengthening
- Shockwave therapy
- Cortisone injection – less effective for chronic cases
- Orthobiologic injections – Prolotherapy or Platelet Rich Plasma (PRP)
- Surgery – often unnecessary, outcomes are unpredictable

Fitzpatrick, et al. “The Effectiveness of Platelet Rich Plasma Injections of Gluteal Tendinopathy: A Randomized, Double-Blind Controlled Trial Comparing a Single Platelet Rich Plasma Injection with a Single Corticosteroid Injection”. AJSM 2018.