

HIP BURSTITIS

Information & Management

2021

Hip bursitis +/- Glute tendonitis

Hip bursitis, presents with pain on the side of the hip, often spreading down the outside of the thigh.

It tends to be associated with periods of over-use, resulting in inflammation and pain aggravated by movement of the hip. There are many bursa in the body. These small fluid filled sacs are positioned in areas where bone and soft tissues could rub. They act to reduce friction between the structures. The trochanteric bursa is situated on the outside of your hip, by a part of your hip bone called the greater trochanter. It reduces friction between this part of the bone, and the soft tissues that attach to it. Increased activity, muscular tightness and poor biomechanics can all contribute to bursitis, so it is important that all of these factors are investigate to understand the cause of the inflammation.

How do I reduce the pain?

Aplying ice to the painful area may assist with easing the pain of bursitis. Self massage to the gluteal muscles can help to reduce restricted movement. While medication is not usually needed long term, you may find the use of oral non-steroidal anti-inflammatories or painkillers help to manage your symptoms.

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Treating your bursitis needs to begin with reducing those activities that provoke your pain. Your Osteopath will be able to assist you with this. “



Hip bursitis often co-exists with tendonitis of the overlying gluteal muscles.

You may be given exercises to stretch the tissues contributing to your irritation, such as those around your buttocks, hips and thighs. In order to improve the efficiency with which your muscles work as a team, strengthening exercises may be added to your programme.

Balance and control work can help to improve the efficiency with which you use your body, reducing unnecessary load on certain areas.

Work with your Osteopath to establish goals for your rehabilitation. This will ensure your recovery will carry you through to get you back doing what you love most