

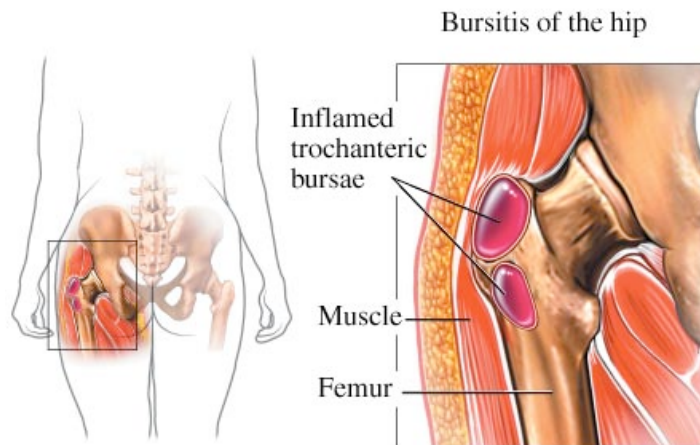
Trochanteric Bursitis

What is a Bursa?

A bursa is a fluid filled sac lined with a synovial membrane that provides a cushion between tendons and bones. The bursa is non-contractile in property. Bursae are found around almost every major joint of the body. The major bursa sacs lie between the gluteus medius, gluteus maximus and the greater trochanter.

What Causes Bursitis?

The bursa can become irritated with activities that cause repetitive trauma or stress to the bursa. Activities that involve repetitive motions such as walking, running, or cycling, can be a cause. . It can also be caused by abnormalities in anatomical structure, such as a leg length discrepancy, osteoarthritis, acute trauma, rheumatoid arthritis, or scoliosis.



What are the Symptoms?

Symptoms are usually described as pain in the lateral aspect of the upper thigh and can radiate down to the knee. These symptoms are worse with activities that activate the tendon going across the bursa or that impact the bursa, such as lying on top of the bursa. The symptoms are usually described as a sharp pain, with point tenderness over the bursa. At times the pain can be referred down the lateral side of the thigh.

Treatment

Treatment for this condition should always begin by seeing your physician or an orthopedic specialist. Usually conservative treatments are attempted first such as icing and activity modification to decrease use of the structures that are causing stress to this area. If non-supervised intervention is unsuccessful, your physician may prescribe physical therapy treatment. Physical therapy treatment may use different approaches and techniques to decrease inflammation, such as modalities, soft tissue, and joint mobilizations. In addition, the therapist will evaluate your activities and biomechanics to possibly solve the cause behind, and solution to, the stresses to the bursa. This line of treatment may coincide with a corticosteroid injection by your physician to control the inflammation, but not as a cure to the problem.

If you would like more information about this issue, or need a physician referral in your area, please call us at 310-860-9720.