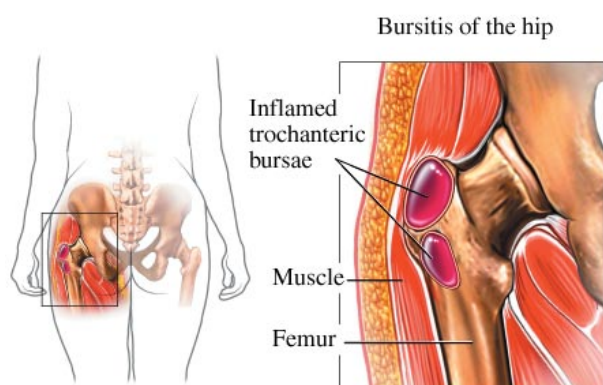


# Hip Bursitis

**What is a bursa?** A bursa is a fluid filled sac in our body that acts as a cushion. It reduces the friction between the gliding surfaces of our bones, tendons and muscles. Bursae are located in several areas of our body.

**What is hip bursitis?** Hip bursitis is an inflammation of the bursa located on the outside of the hip bone which is known specifically as trochanteric hip bursitis. (Refer to diagram below)



**What are some causes of trochanteric hip bursitis?**

- Repetitive stress (overuse) injuries
- Multiple minor traumatic injuries
- Lumbar spine disease such as scoliosis
- Leg-length inequalities
- Rheumatoid arthritis
- Lying on one side of the body for an extended period of time
- Excessive or prolonged pressure on the hip such as from standing too long
- A traumatic incident such as a fall

## Symptoms

- Aching pain in the outer aspect of the upper thigh
- Pain when you press on the outside of the hip
- Possible radiating pain down the outside of the thigh as far as the knee
- Pain may be worse lying down or rolling onto the affected side
- Climbing stairs, sitting or standing too long may all be painful
- Pain at night may make sleeping difficult

## Treatment

Treatment may include one or more of the following:

- Rest
- Modifying your exercise regimen
- Ice application
- Stretching and strengthening exercises for the lower back and hip muscles
- Weight loss-to reduce pressure on the hip
- Physical therapy

## Stretches

