

Trochanteric Bursitis

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Situation: *Trochanteric bursitis* describes a condition where tissue is damaged and inflamed around a small sac called the *trochanteric bursa* on the outer side of the hip. A bursa is filled with lubricating fluid designed to reduce friction between adjacent soft tissue layers. *Trochanteric bursitis* occurs when the bursa that separates the top of your thigh bone from your gluteal muscles at the outermost point of your hip is injured. Your gluteal muscles are primarily responsible for moving your hips and stabilizing your pelvis during lower torso activity.

Causes: *Trochanteric bursitis* occurs when repetitive or prolonged activities requiring repeated contraction of the gluteals place a strain on the *trochanteric bursa*. This is typically the result of strenuous running or walking—especially up hills or on uneven surfaces. Jumping, squatting, and lunging activities can also place a strain on the bursa via the gluteals.

Symptoms: People with *trochanteric bursitis* usually experience pain on the outer side of the hip. In some cases, pain may also radiate down the outer side of the thigh as far as the knee. In less severe cases, you may only experience an ache or stiffness in the hip that increases with rest following activities that place a strain on the bursa.

Treatment: Diagnosis of *trochanteric bursitis* will be made by the chiropractor and may include special testing such as an MRI, CT scan, or X-ray. Treatment options can include chiropractic care, acupuncture, physical therapy, and massage therapy. The chiropractor will help determine what type of treatments and modalities are appropriate for you.