
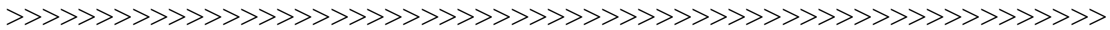


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### Trochanteric Bursitis

Trochanteric bursitis is an inflammation of hip bursa (fluid fill sac), also known as greater trochanteric pain syndrome (GTPS) and it's a common condition that causes hip pain. Bursas can become inflamed if the joint is overused or injured. People who regularly walk, cycle or run may be susceptible to trochanteric bursitis.

#### Pacing Physical Activity:

It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify some of your activities to allow your hip some relative rest in the short term.

#### Pain management methods:

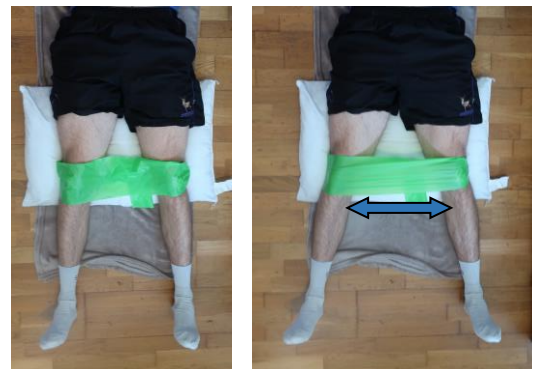
Apply ice packs regularly on your hip (every 3 / 4 hours) for 20/30 minutes at a time. This will help reducing pain, swelling and inflammation.

#### Exercises:

We would recommend you try the following exercises.

#### Abduction resistance:

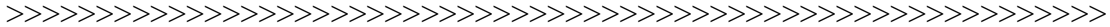
- Lie on your back
- Place a pillow under your knees
- Add a theraband around your knees
- Gently pull your legs apart against the band
- Hold 10-15 seconds
- 10 repetitions



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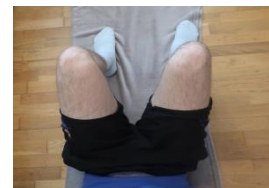
Hip rotator stretch:


- Lie on your back with both knees bent
- Place the ankle of your affected leg on the opposite thigh near the knee
- Slowly push your knee away from your body with your hand
- Hold 15-20 seconds
- 5 repetitions



Hip rotator stretch:

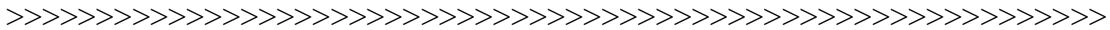
- Lie on your back with both knees bent
- Place the ankle of your affected leg on the opposite thigh near the knee
- Slowly pull your knee towards the opposite shoulder with your hand
- Hold 15-20 seconds
- 5 repetitions



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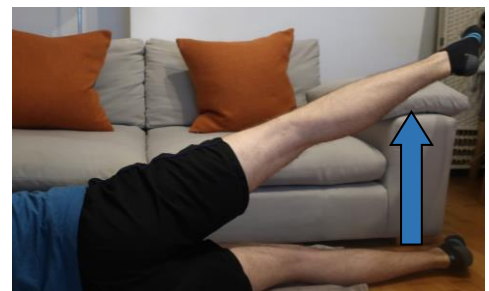
Iliotibial Band Stretch (ITB):

- Stand close to a wall or chair for support
- Cross the uninjured leg in front of the affected leg
- Bend down towards your uninjured leg and feel the stretch on your injured leg
- Hold 20-30 seconds
- 5 repetitions



Hip strengthening:

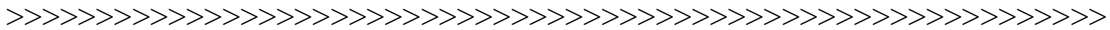
- Lie on your unaffected side
- Lift your affected leg up (about 12 inches off the floor)
- Keep your hip and leg in line with the rest of the body
- Hold this position for 5 seconds
- Slowly lower your leg
- 10 repetitions



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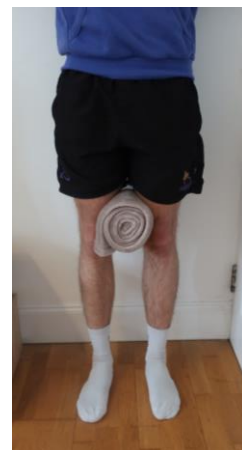
Piriformis stretch:



- Lie on your back with both knees bent
- Rest the ankle from your injured leg over the knee of your uninjured leg
- Grasp the thigh of your uninjured leg and pull the knee towards your chest
- Keep your neck relaxed
- Hold 20 seconds
- 5 repetitions



Wall squat:

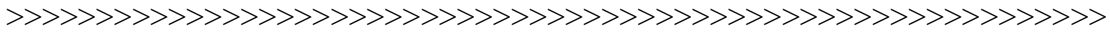
- Stand against a wall and look straight ahead
- Keep your shoulders relaxed and your feet 1 foot away from the wall
- Place a ball or rolled up towel between your knees
- Slowly squat down keeping squeezing the ball
- Hold 10 seconds
- 10 repetitions, 2 sets



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Straight leg raise:

- Lie on your back
- Bend the uninjured knee
- Keeping your affected knee straight
- Lift up your leg from the floor
- Slowly lower your leg down
- 10 repetitions, 2 sets



Gluteal strengthening:

- Lie on your stomach
- Lift up your injured leg, keeping your knee straight
- Hold 3-5 seconds
- 10 repetitions, 2 sets

