

Greater Trochanteric Pain Syndrome

Also known as lateral hip pain/ trochanteric bursitis /
glut med tendonopathy

What can I do?

Lifestyle Changes

Changes to unhealthy habits can help to reduce symptoms and make us feel better e.g. better sleep, diet.

<https://www.nhs.uk/better-health/>

Pain Control

Use of painkillers and NSAIDs can be used in combination with activity modification. Speak to a **pharmacist** for advice.

Further information available from NHS Inform:

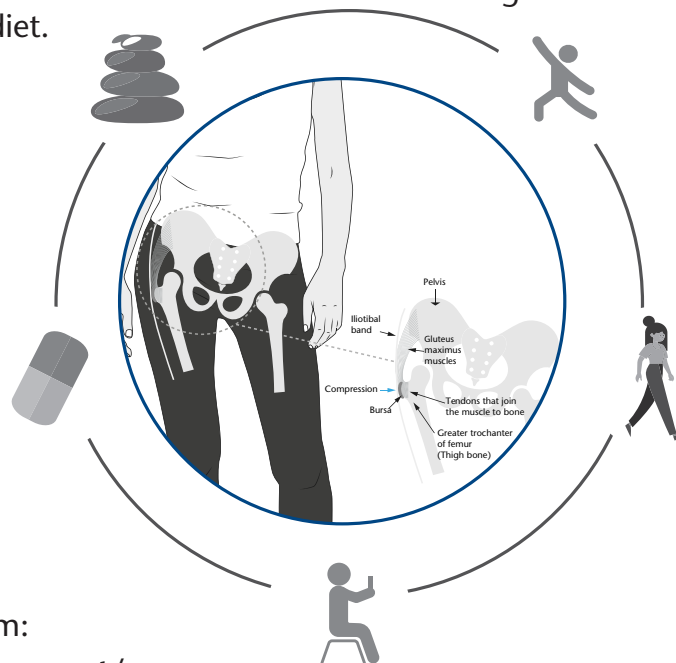
<https://www.nhsinform.scot/search?q=NSAIDs&locpt=55.3780>

Exercise


Is often the best way to achieve good long term results see exercise links below

Activity Modification

Try and reduce activities that make you more painful without resting completely



Posture

This can be very important please see images below for advice or See 

Video

<https://youtu.be/55SDT2Bq5JU>

Answers to your questions

? What is causing my pain?

The most common cause of pain is from the very large tendon that attaches onto the large bone at the side of your hip. Another cause can be pain secondary to osteoarthritis of your hip. Occasionally the bursa (which is a fluid filled sac under the tendon) can also be inflamed.

? Why is this happening?

Most commonly this is due to changes in mechanical load to this area, either too much e.g. recently taken up running or too little e.g. sitting for too long. Normally there has been a change in your lifestyle to create / aggravate the problem. Can you think of anything?

Other factors include:

Problems with your hip joint.

Hormonal changes which can affect tendons.

Increases in weight especially around your tummy.

? What can I do about it?

Research suggests that strengthen around the painful area is the best way to help improve your pain. This includes your buttock muscles and general leg muscles.

Immediate Action:

Look at the aggravating postures that may be contributing to your pain. Use the chart below to see if you do any of these? Then try and adopt better postures.

Look at your activity levels. Are you doing too much or too little? Try and adjust this (see link <https://www.nhsggc.org.uk/media/267369/how-to-self-manage-guidefor-website.pdf>).

Controlling your pain, you may require medication to help keep your pain at a manageable level. This is normally done through your G.P. or local pharmacy.

Start strengthening, see exercises and videos.

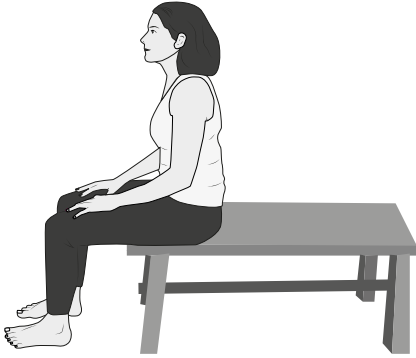
Longer Term:

Strengthening is the best way to manage this. If after 8-12 weeks of exercising you feel you are not progressing please contact your GP if pain control is the main issue.

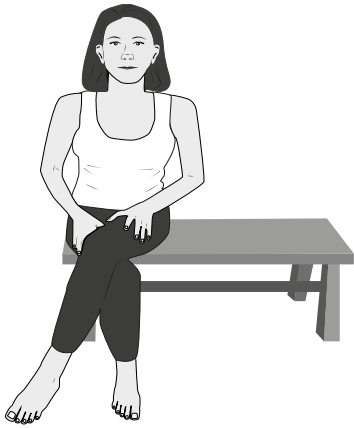
If you are struggling to find the right exercises to help consider referring yourself for physiotherapy

Postures to Avoid

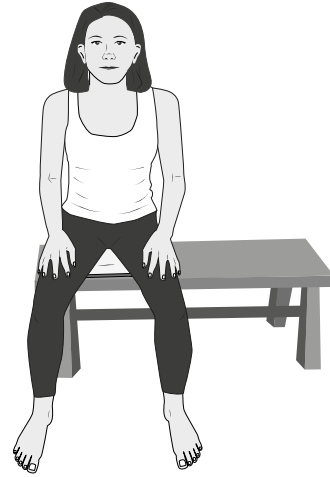
These posture create stress to the painful area and by avoiding these you can reduce your pain . See  Video  <https://youtu.be/55SDT2Bq5JU>



Sit with your hips slightly higher than your knees



Sit with your knees further apart



Stand with equal weight through both legs and soften your knees



When sleeping using pillows when lying on your side or on your back can help



Exercises

If you need more guidance about how often and how much, see links below:

🌐 <https://www.nhsggc.org.uk/media/267369/how-to-self-manage-guide-for-website.pdf>
or video 🌐 <https://www.youtube.com/watch?v=LEu2vidMN1U&feature=youtu.be>

Stage 1: Static Glutes

With back flat against the wall and feet apart gently squeeze your buttocks.


Hold 15-30 seconds, repeat 5-10 times, 3-4 times a day. See  **Video**

🌐 https://youtu.be/0ukPTHC_mWU

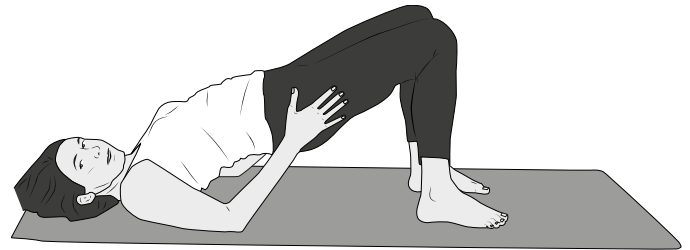


Stage 2: Bridging

On the floor or bed. Lift your hips off the ground using your buttock muscles. Try and relax your arms and legs.


Hold for 5-10 seconds, repeat 5-15 times, 1-2 times a day. See  **Video**

🌐 <https://youtu.be/24Qy51fu-TU>



Stage 3: Single Leg Strengthening

Initially try standing on the sore leg and keeping your pelvis level. Keep standing knee slightly bent.

When this is easier then try and add a hip dip on the other side and eventually progress to using a step. Repeat 10-15 times, 1-2 times a day. See  **Video**

🌐 <https://youtu.be/YXa8FwQ2Ou8>

