

# Trochanteric Bursitis

## What is trochanteric bursitis?

Trochanteric bursitis is irritation or inflammation of the trochanteric bursa. A bursa is a fluid-filled sac that acts as a cushion between tendons, bones, and skin. The trochanteric bursa is located on the upper, outer area of the thigh. There is a bump on the outer side of the upper part of the thigh bone (femur) called the greater trochanter. The trochanteric bursa is located over the greater trochanter.

## How does it occur?

The trochanteric bursa may be inflamed by a group of muscles or tendons rubbing over the bursa and causing friction against the thigh bone. This injury can occur with running, walking, or bicycling, especially when the bicycle seat is too high.

## What are the symptoms?

You have pain on the upper outer area of your thigh or in your hip. The pain is worse when you walk, bicycle, or go up or down stairs. You have pain when you move your thigh bone and feel tenderness in the area over the greater trochanter.

## How is it diagnosed?

Your doctor will ask about your symptoms and examine your hip and thigh.

## How is it treated?

Treatment may include the following:

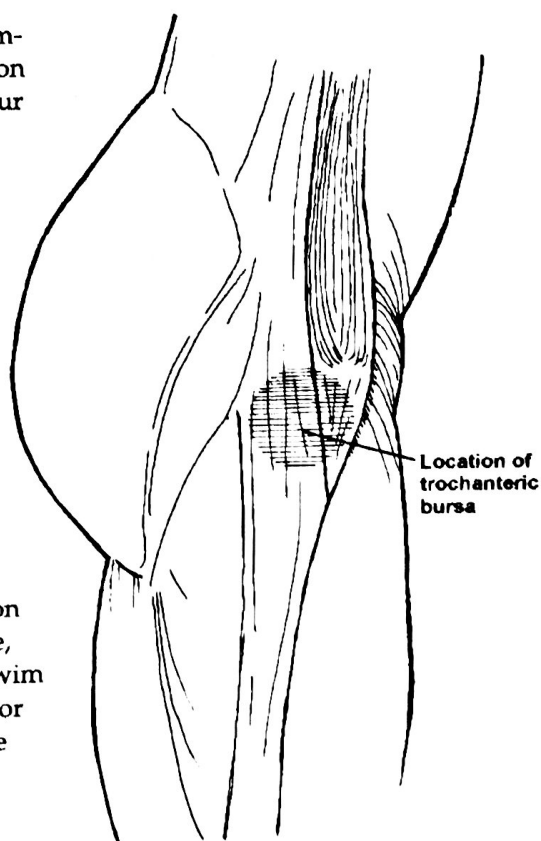
- putting ice packs on your thigh for 20 to 30 minutes every 3 to 4 hours for 2 to 3 days or until the pain goes away
- taking anti-inflammatory medication prescribed by your doctor
- getting a corticosteroid injection into the bursa to reduce the pain and swelling.

While you are recovering from your injury you will need to change your sport or activity to one that does not make your condition worse. For example, you may need to swim instead of running or bicycling. If you are bicycling, you may need to lower your bicycle seat.

## When can I return to my sport or activity?

The goal of rehabilitation is to return you to your sport or activity as soon as is safely possible. If you return too soon you may worsen your injury, which could lead to permanent damage. Everyone

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Side view of hip and thigh