

Bursitis of the Greater Trochanter of the Femur

A lubricating pad at the side of your hip has become inflamed and sore.

(a) What is a Bursa?

A *bursa* is a fairly flat coin shaped and closed sac, the inner lining being *synovial membrane* which produces the *synovial fluid* which fills the sac and provides the lubrication. The plural of bursa is *bursae*. Bursae form where structures rub against each other, for example tendons or muscles sliding across bones. They prevent irritation and facilitate relatively friction-free smooth movement. Inflammation of a bursa is known as *bursitis*.

Trochanteric bursitis is also known as *Greater Trochanteric Pain Syndrome*. It involves the inflammation of bursa(e) located near the *greater trochanter of the femur* (side of the lower part of the hip). There are two trochanteric bursae, located in the same general area; the *superficial trochanteric bursa* and the *deep trochanteric bursa*. The superficial bursa is the most likely to be inflamed. The deep bursa becomes inflamed in only the more severe cases. Figure 1 and Figure 2 below show the locations of the bursae and the general location of the bursitis.

Figure 1: Location of the Trochanteric Bursae and Bursitis

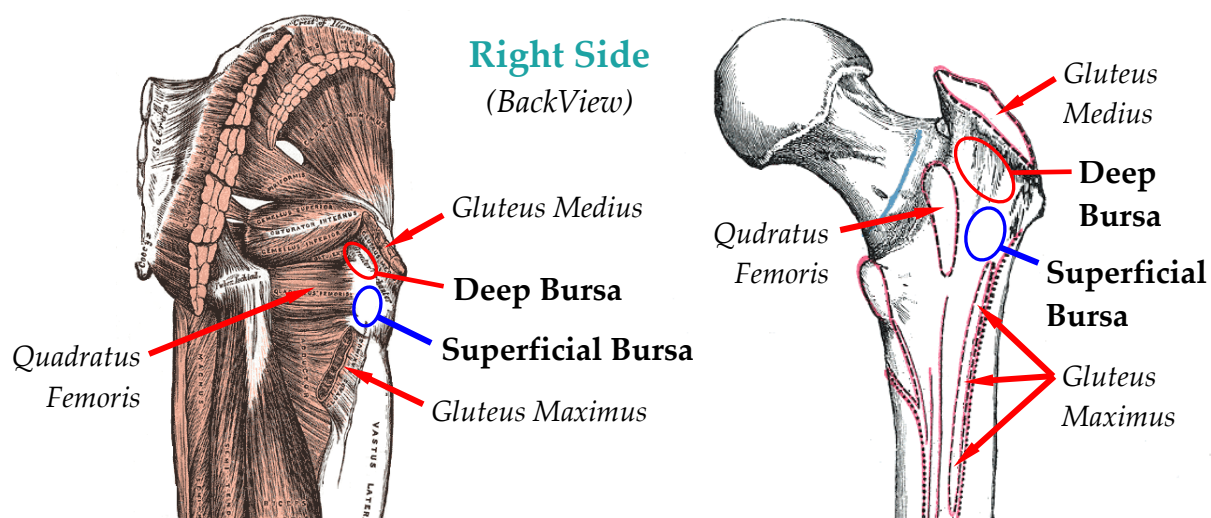
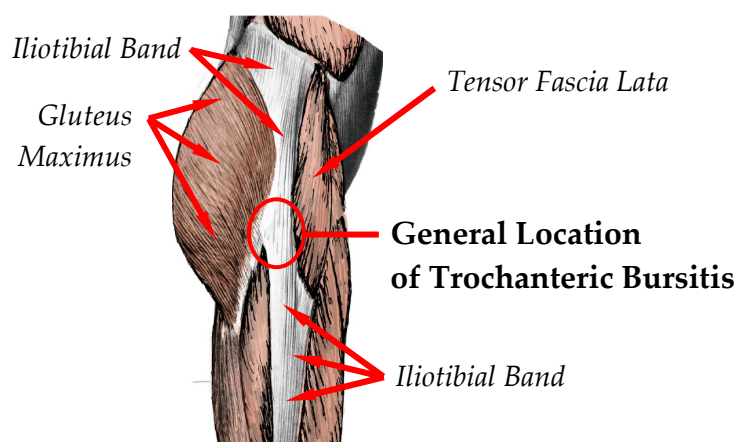


Figure 2: General Location of Trochanteric Bursitis



(a) Symptoms

You may feel pain and tenderness over side of the lower part of the hip. The pain may refer down the outside of your thigh as far as the knee. The pain may be felt or worsened by:

1. Lying or sleeping on the affected side.
2. Walking, climbing stairs or standing for prolonged periods.
3. Bicycling.
4. Getting up from a deep chair or after prolonged sitting, such as after a long journey in a car.

(b) Cause

Weakness in the hip abductors (especially *gluteus medius*) may be a contributing factor. Tension in the ilio-tibial band may result in extra pressure on the bursa, irritating it.

(c) Treatment

Your practitioner will free up the muscles and fascia (including the iliotibial band) involved in placing pressure upon the bursa(e).