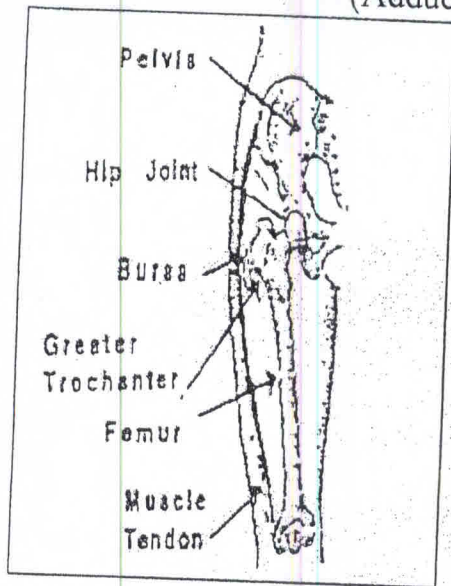


HIP TENDONITIS & HIP BURSITIS

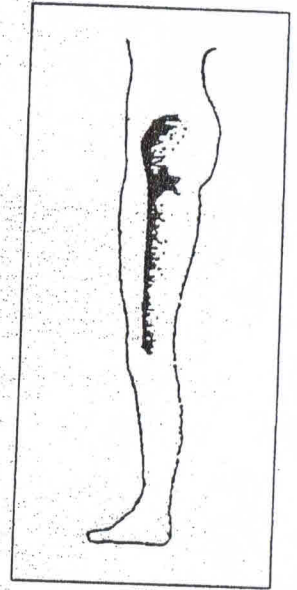
(Adductor or Piriformis Tendinitis/Trochanteric Bursitis)



WHAT IS IT?

An inflammation (irritation, soreness) at the side of the hip. The pain can be in the muscle just under the pelvic bone rim or further down on the side of the thigh. It can hurt to get out of a chair and take the first few steps, to climb up stairs, or to drive. Even sleeping on one's side can be painful if severe. The hip bursa is a natural cushion between the muscle and the hip bone on the side of the upper thigh that can become painful too (bursitis).

This paper does not include pain in the buttock, the low back or the front of the thigh near the groin (hip flexors).



WHY DOES IT HAPPEN?

The muscle or bursa is injured by direct trauma (a bruise) or overuse. Overuse injuries can happen when you do too much too soon, do more than you are used to doing, or when there is an asymmetry of the legs or pelvis (which includes running around a track in only one direction, working sideways on a slope, or walking in a cast). Other sources of leg weakness (such as Sciatica) can also overwork the hip muscle.

TO DECREASE PAIN AND INFLAMMATION:

1. Ice 15 minutes or more every 2-4 hours. Continue icing until you are pain-free.
2. Avoid pain producing activities as much as possible. Wear only bouncy soled shoes and avoid high heels. Keep the pelvis level, let the legs move more equally; consult your health care provider about adding height to one shoe or using a cane if necessary. Walk up and down stairs one step at a time, leading with the strong leg until pain-free. Sleep lying on the uninjured side with a pillow between your knees, or sleep on your back, maybe with pillows behind your knees. Sports that might be pain-free are cycling or swimming with a flutter kick (hold a buoy between your knees if necessary).
3. If the pain is disabling, ask your health care provider about anti-inflammatory medication.

TO PROMOTE HEALING AND REHABILITATION STRETCHING AND STRENGTHENING ARE BOTH ESSENTIAL

HIP STRETCHES

It is best to stretch when your muscles are warm, such as after activity.

Stretching should be done gently, without causing pain - no bouncing.

Hold each stretch for 1-2 minutes. Keep the back straight. Repeat at least 3 times a day.

