

What is it?

Excessive and/or repetitive stresses causing inflammation of the bursa, located over the greater trochanter of the femur

What causes it?

Repetitive activities or direct impact.
Tight IT band.

Symptoms

Pain, tenderness and swelling over upper thigh and hip.

Top Tips

Ice asap. Do regular stretch or yoga exercises to maintain flexibility and reduce tension and tightness.

How to Treat it

Rest. Ice. Anti-inflammatories and painkillers.



Rehab

Gentle activity. Muscle balance in muscles surrounding hip. Stretching and strengthening exercises.

Definitions

Bursa – fluid filled sac, found near joints to assist with lubrication and smooth, pain-free movement

Greater Trochanter – bony protrusion that forms the top part of the femur/thigh bone

Femur – thigh bone

IT band – iliotibial band, running from hip to knee on outer thigh

Associated Conditions

- Hip Flexor Strain,
- Piriformis Syndrome,
- Iliopsoas Tendinitis,
- Tendinitis of Adductor Muscles,
- Snapping Hip Syndrome,

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