



## Bursitis of the Hip (Trochanteric Bursitis)



### Overview

This is an irritation or swelling of the trochanteric bursa. This small, fluid-filled sac is found on the outer side of the femur. It acts as a cushion for the iliotibial band, a thick tendon in your leg.

### Causes

Trochanteric bursitis can be caused by repetitive stress. It can be caused by a fall or a hard blow to the outer side of your hip. It can be caused by poor posture. It can also be caused by certain diseases and conditions.

### Symptoms

The most common symptom of this type of bursitis is pain on the outer side of your hip. It may be sharp, or it may be a dull ache. It may spread to your thigh and buttock. This pain may feel worse during physical activity that involves your hip. It may also feel worse when you lie on the affected side of your body.

### Treatment

Treatment options include rest, medications and physical therapy. You may benefit from the temporary use of a cane or crutches. If these methods are not helpful, you may benefit from a surgical procedure. Your healthcare provider can create a care plan that is right for your needs.

