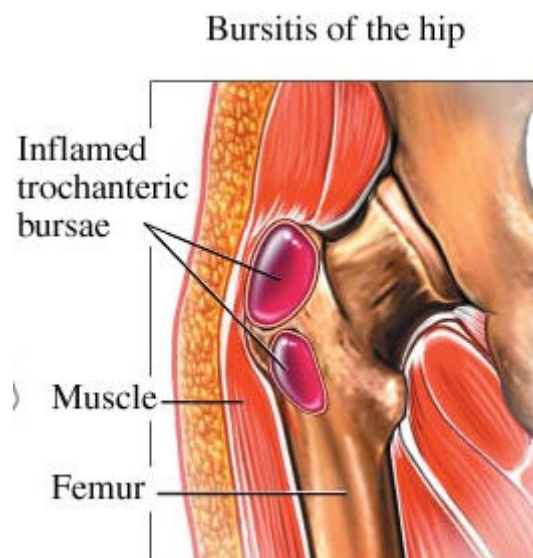


Hip Bursitis

A bursa is a fluid-filled sac located over certain tissues, or joints to prevent excessive friction of the tendon against the bone. The Trochanteric bursa is located along the lateral thigh between the Greater Trochanter and the ITBand and is most often inflamed. Symptoms often include tenderness along the lateral thigh making it difficult to lie on the affected side. The Ischial bursa is located in the buttocks and often is inflamed with prolonged sitting and stair climbing.

Anatomy



- Mechanism of Injury
 - Improper mechanics during exercise
 - Overuse of the muscles surrounding the bursa
 - Poor lower extremity tracking with single leg activities

- Treatment
 - Manual Therapy to gluteal, ITBand, hamstring and quadriceps musculature
 - Joint Mobilizations to hip joint
 - Ultrasound
 - Postural Re-education and focusing on lower extremity tracking from the ankle to the hip
 - Therapeutic Exercise/Pilates focusing on lower extremity tracking and muscle balance
 - Ice and Electric Muscle Stimulation
 - Home Exercise Program