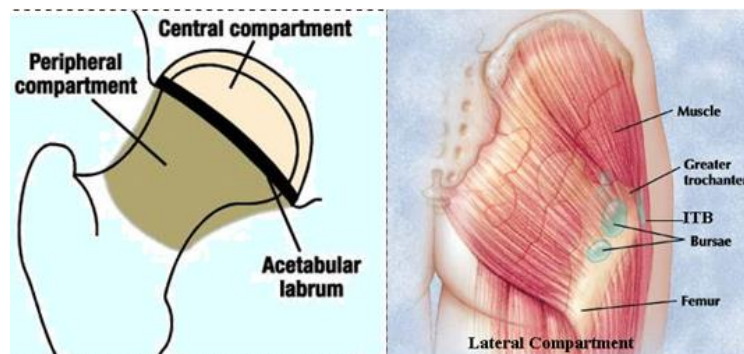


## The Hip Joint has 3 compartments

Central

Peripheral

Lateral



The acetabular labrum is the dividing line between the central and Peripheral compartments in Hip Arthroscopy

The central compartment is the weight bearing part of the hip joint, with the corresponding joint surfaces of acetabulum and femoral head.

The peripheral compartment comprises the non-weight bearing part of the femoral head and the femoral neck up to capsule insertion

The lateral part comprises of the Peri Trochanteric space and its content

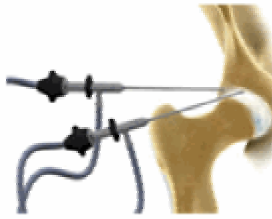
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**Munawar Shah FRCS, FRCS Tr & Orth**

Consultant Trauma & Orthopaedic Surgeon

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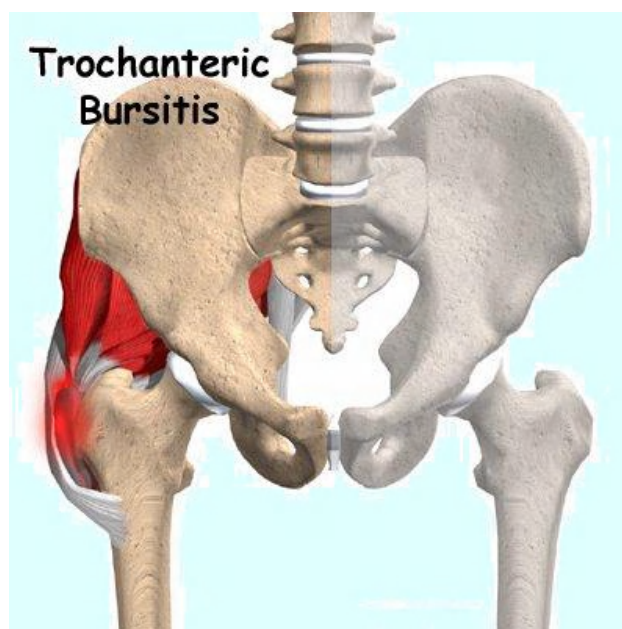
Little Aston Spire Hospital  
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 Sutton Coldfield, B74 3UP  
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### **Trochanteric Bursitis**

Trochanteric bursitis is a common disorder that affects the (lateral) side of the hip or hips. By definition, bursitis is the swelling of the bursa, a small fluid sac that releases fluid to allow for smooth motion between bones, tendons, ligaments and muscles. The human body has many of bursa that serve prevent or decrease friction between two surfaces that move in opposite directions. When the bursa becomes inflamed or swollen, problems arise and it will hurt when the bursa needs to move across a bone.

The trochanter is the hipbone formed at the end of the femoral neck (the femur bone, or thighbone). Each trochanter has a bursa on its outer side, and when one or both of those becomes inflamed, Trochanteric bursitis may develop.

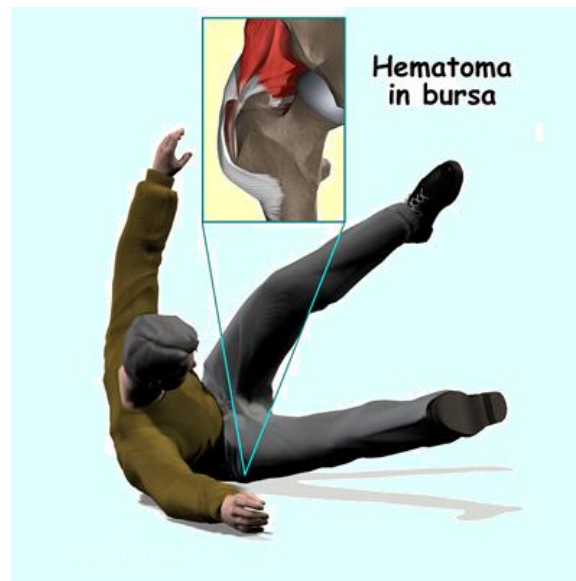


In addition to the hip, bursitis is frequently found in the knee, elbow and heel. The condition is discovered more commonly in women than men. Trochanteric bursitis usually strikes people when they are middle-aged or elderly.

### **Causes of Trochanteric Bursitis?**

Overuse of the Trochanteric bursa and or an inflammation of the bursa may cause Trochanteric bursitis. Other possible causes of the condition include:

- A direct fall on the side of the hip
- Repetitive movements
- Prolonged or excessive pressure to the hip area (bucket car seats may aggravate the problem)
- Some infections such as staphylococcus and tuberculosis and diseases like gout and arthritis increase are associated with Trochanteric bursitis
- Underlying surgical wire, implants or scar tissue in the hip area
- Differences in leg length

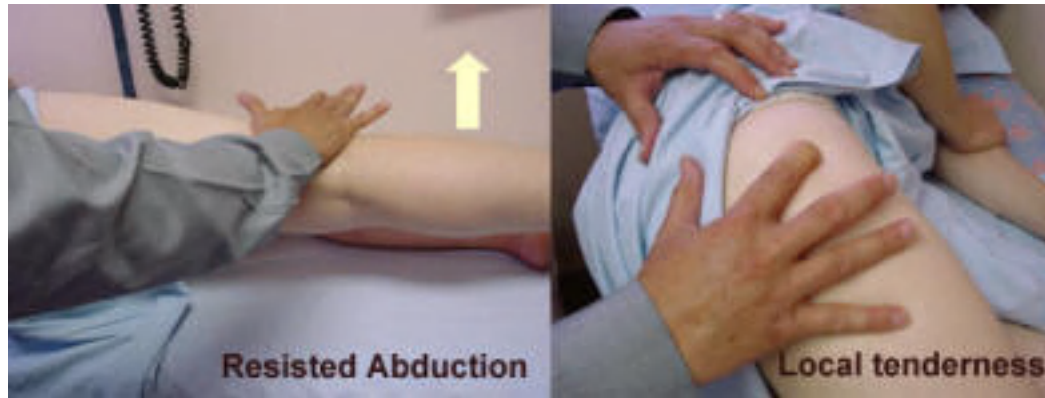


### **Symptoms of Trochanteric Bursitis?**

The overriding symptom of Trochanteric bursitis is pain in the thigh and trochanter area. The pain may increase over time and it may last for months, even years. The pain may be more intense when you are lying on your side. In long-term cases, you may not be able to pinpoint the exact location of the pain.

People suffering from Trochanteric bursitis may not be able to walk at all because of the pain. If they are able to walk, it will most likely be with a limp.

Mr M Shah will need to perform a physical examination in order to diagnose the condition. It is important to rule out other sources of the pain before making a diagnosis. Mr Shah will place pressure on the great trochanter to see if that causes discomfort. In addition, he will ask about your past medical history.



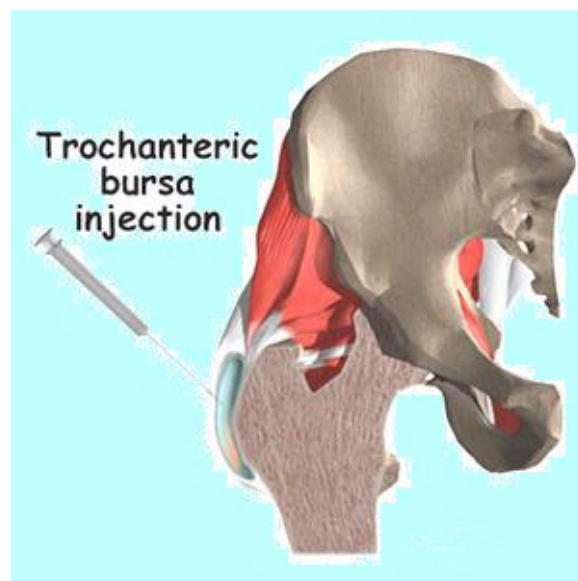
X-rays of the hip or hips may also help to confirm the diagnosis. If you suffer from other forms of bursitis or tendon disorders, Mr Shah may also look for another condition, in addition to Trochanteric bursitis, called fibromyalgia. Fibromyalgia is a common rheumatic syndrome that causes pain and weakness in the muscles.

#### **Treatment of Trochanteric Bursitis?**

The first step in treating Trochanteric bursitis is to rest the area temporarily and to decrease activity. You will want to protect the area from any further aggravation or injury by keeping pressure off the hip. In addition, your doctor may recommend: NSAIDs

The uses of nonsteroidal anti-inflammatory medications (NSAIDs) such as ibuprofen help decrease the pain and swelling.

Injection in the bursa is both diagnostic and therapeutic.

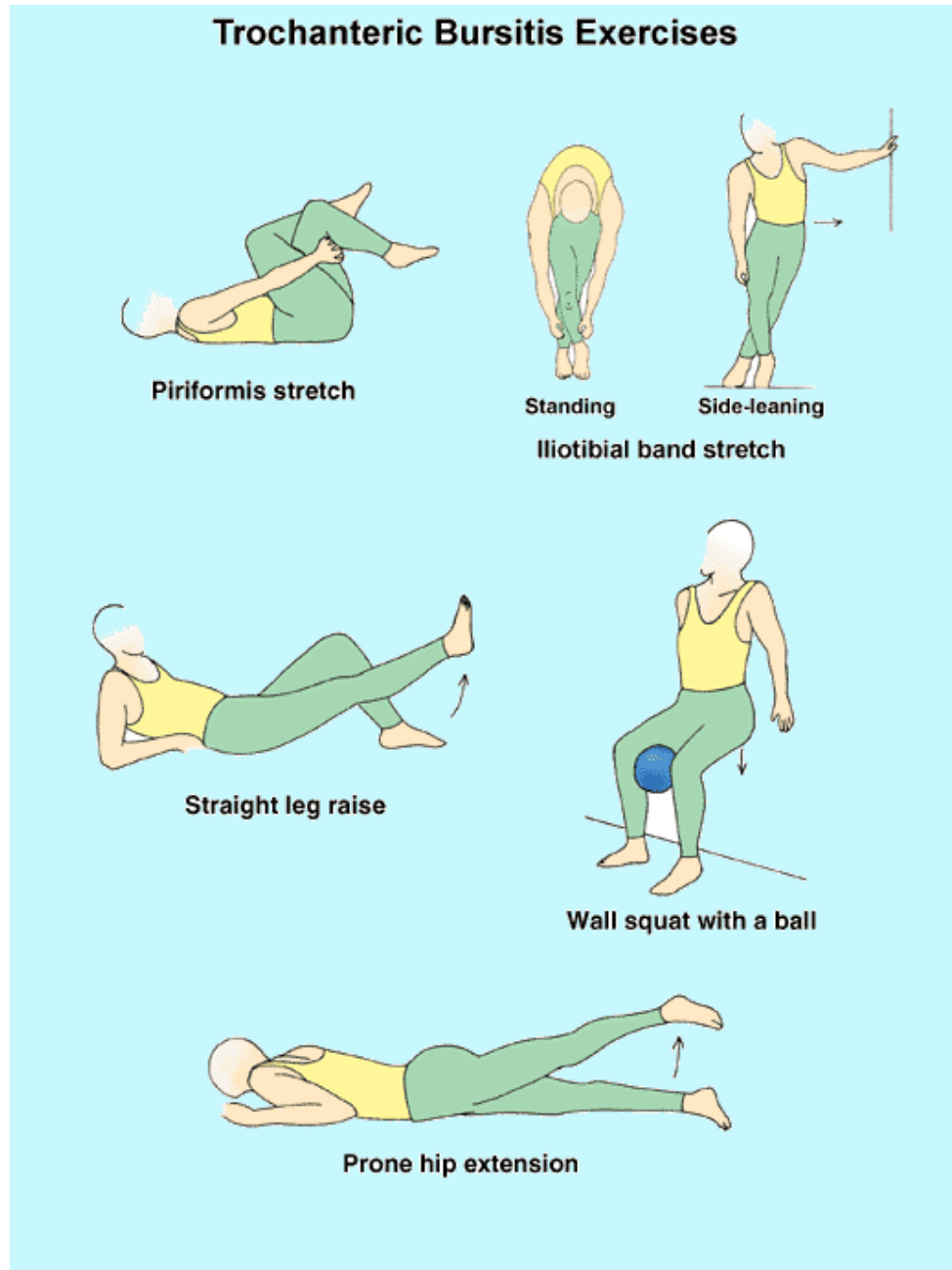


### Physical therapy

Stretching exercises with a trained physiotherapist are usually helpful. Additionally, a deep massage may be performed. Icing the area will also help relieve pain.

Injections of lidocaine and cortisone

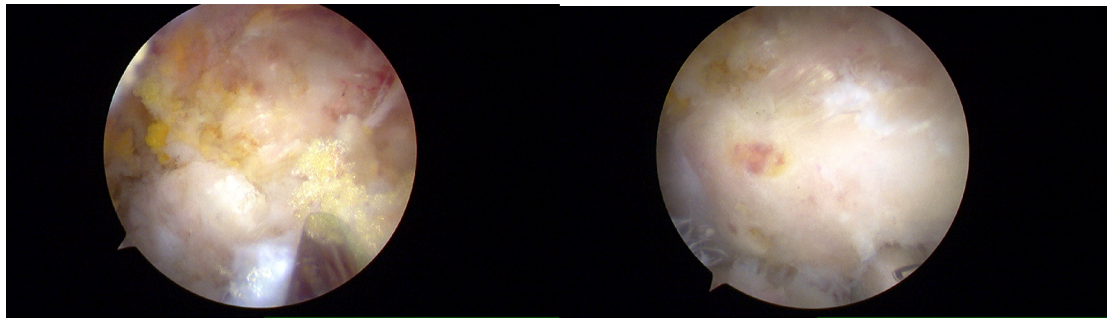
People who have trouble walking may find a cane helpful. A foot lift is also recommended if there is a notable difference in the length of the two legs.



### Surgery for Trochanteric Bursitis?

Surgery is rarely recommended but may be necessary if the above conservative treatments fail to treat the condition. Usually, surgeons will only perform surgery for Trochanteric bursitis if they find an obvious reason for the pain and conclude that surgery will help treat the condition. The procedure is done arthroscopic and the bursa is excised, occasionally the muscle is torn and it needs repair.





**Trochanteric bursitis**

**After Debridement**



Trochanteric bursitis due to underlying conditions like arthritis or gout are harder to treat and may recur more frequently. Mr Shah recommend in these cases to avoid activities that caused the bursitis in the first place.

If you are interested in making an appointment to discuss a treatment, please click here to [contact us](#), or telephone 01215807406

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