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NHS Sherwood Forest Hospitals NHS Foundation Trust

INFORMATION FOR PATIENTS

Trochanteric pain syndrome

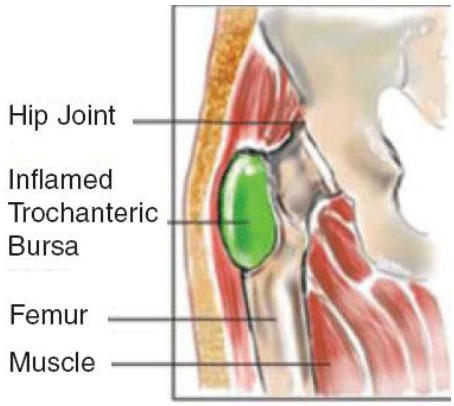
This leaflet provides information on the common condition of trochanteric pain syndrome and provides an overview of treatment options available.

What is the condition?

Trochanteric pain syndrome is a common condition that causes pain at the side of the hip. The most common cause is due to inflammation around the bursa.

The trochanter (hip bone) is at the top of the femur (thigh bone). The trochanter has a small sack of fluid which lays on top of it, called a bursa. The bursa allows smooth movement between bones, tendons, ligaments and muscles.

This syndrome can also be known as trochanteric bursitis. It occurs when the bursa becomes inflamed or swollen, disrupting the movement of the bursa next to the trochanter.



What are the causes?

Soft tissue trauma or strain injury can be caused by:

- Fall on your hip.
- Prolonged sitting.
- Excessive pressure to the hip.
- Lying on your side.
- Differences in leg length.
- Tight and weak muscles.
- Repetitive movements, for example running, jumping, getting in and out of the car, climbing stairs, excessive walking.

What are the signs and symptoms and how is it diagnosed?

- Pain at the side of your hip.
- Tenderness when the area is palpated.
- Swelling, not always present.
- Inability to sleep on your side.

Diagnosis is mainly by a physical assessment and description of the pain.

What can you do to help yourself?

Rest initially and use an ice pack.
To use ice safely, wrap it in a damp towel and place on the hip for a maximum of ten minutes.

Check your skin regularly and remove the towel and ice immediately if the skin turns excessively red or white. This could indicate a burn.

What treatment options are available?

- **Pain relief**

Please talk to your GP about appropriate pain relief for this condition, for example pain controlling medications or non-steroidal anti-inflammatory drugs.

- **Physiotherapy**

A physiotherapist can use a variety of treatments including positions to aid pain management, stretching and strengthening exercises and ice therapy.

- **Exercises**

Your physiotherapist will help to identify exercises which are more suitable for your individual presentation of symptoms. Adherence to home exercises set by your therapist will be an important part of your rehabilitation process.

- **Injections**

A corticosteroid injection may be recommended if you have a particularly painful hip which is making movement difficult. It is important to note that an injection will only provide short-term relief for the condition.

- **Surgery**

Surgery may be considered if conservative treatments are unsuccessful. The procedure could involve removal of the inflamed bursa, known as a bursectomy.

Factors affecting healing

Staying on top of the following factors can help the healing process and give your hip the best chance of a swift recovery:

- **Stress relief**

Utilise techniques such as mindfulness, meditation and deep breathing cycles. Speak to your healthcare professional for more information.

- **Sleep hygiene**

Consistently getting 6-9 hours is recommended by the NHS. Only use your bedroom for sleep, e.g. not for TV.

- **Nutrition**

Make sure you have a balanced diet. Vitamin D has been correlated with reduction in joint pain.

- **Alcohol**

Avoid alcohol in the early stages of healing (first three days). Evidence has shown this can slow down recovery and increase the chances of re-injury.

- **Smoking**

This has been linked with musculoskeletal pain and delayed healing. For more advice see smoking cessation or ask you therapist for more information.

- **General exercise**

General cardiovascular exercise, such as a brisk walk each day, stimulates blood flow to the area.

Contact details

Physiotherapy Outpatients Department
Clinic 10
King's Treatment Centre
King's Mill Hospital
Mansfield Road
Sutton in Ashfield
Notts
NG17 4JL

- Contact number: 01623 672384.
- Reception opening times: 8am – 4.15pm, Monday to Friday.

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)
PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

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If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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