

Greater Trochanteric Bursitis

The greater trochanteric bursa is fluid filled sack that rests at the point where your muscle/tendons from your later lateral thigh and buttocks muscles attach to the hip bone. The bursa's function is to create a smooth surface across it, allowing the normal and painless movement. However, due repetitive movements of a certain body part, bursitis or inflammation of the bursa may occur. Symptoms of greater trochanteric bursitis include: pain on the lateral side of your hip, difficulty sleeping on your side at night and pain while walking or climbing stairs. There are several effective treatment options for greater trochanteric bursitis including: physical therapy, rest, anti-inflammatories, injections and stretching exercises.

Trochanteric Bursitis Rehabilitation Exercises

