

Hip, Hip...Hooray??

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If you've ever experienced it, hip pain is not always put in the same category as a rollicking good time. Pain or discomfort can potentially occur in any area of the hip. When the pain is felt on the outside part of the hip (while a few diagnoses are possible) you may have trochanteric bursitis (funny name, not as funny a problem!). The word "bursitis" means that one has inflammation of a bursa, which is a small fluid-filled sac or pad designed to help protect various body structures from rubbing on each other. Bursae are found throughout the body. The most common locale for people to have bursitis is in the shoulder, but bursitis can be implicated in relation to the hip as well.

Trochanteric bursitis is more commonly seen in females, it certainly can be seen in males as well. While there is more than one reason why trochanteric bursitis may develop, most often it comes on because a structure called the iliotibial band (IT Band) is tight. The IT Band runs from the area of your hip to the area of your knee. When it is tight, it can cause too much friction in a bursa that lies on the outside of the hip, which can in turn cause the bursa to be inflamed. When that happens, pain may be felt.

If you notice an increase in pain on the outside of your hip after running, walking, or climbing stairs, the symptoms may indicate trochanteric bursitis. A direct blow to that area may also initiate the condition (although that is less commonly the case). Should you be diagnosed with this condition, it is treatable. With the assistance of a Physical Therapist, you can be shown ways to stretch the affected area(s) in order to reduce the friction and tension on the bursa. You can also receive various techniques designed to relieve the pain and inflammation that can come with the condition. And before you know it, you'll be back out "on the road"!