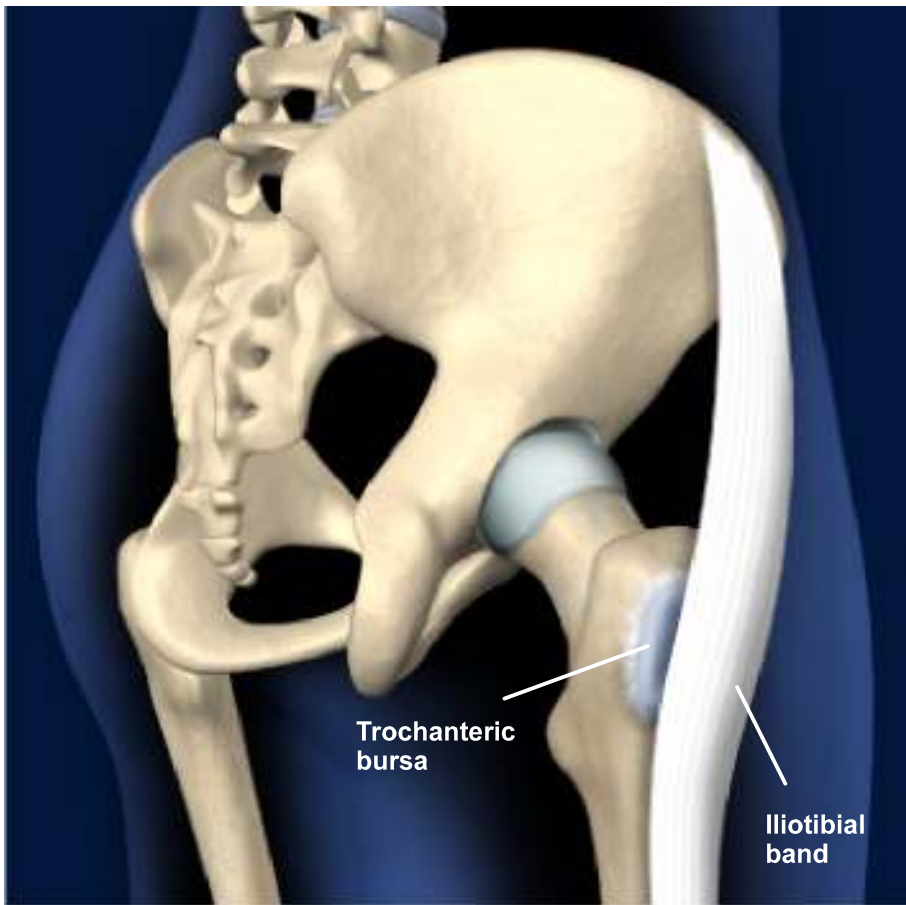


HIP BURSITIS



Overview

This condition is an inflammation of the trochanteric bursa, a fluid-filled sac that lies between the femur and the iliotibial band, a thick, wide tendon on the outside of the hip joint. This condition can cause pain and swelling on the outer side of the hip.

Causes

Tightness of the iliotibial band can cause inflammation of the bursa. Other stresses such as running on slanted surfaces or one leg that is shorter than the other can place pressure and friction on the bursa. An injury to the hip may also cause inflammation of the bursa.

Symptoms

The most common symptom of bursitis is pain on the outer side of the hip. The pain may radiate down the thigh. Other symptoms can include limping and stiffness in the hip joint.

Treatment

The inflammation of the bursa may decrease over time, particularly in younger patients who reduce activity or alter routines. Treatment options include anti-inflammatory medications, stretching exercises, physical therapy, and corticosteroid injections. Severe cases may require surgery.