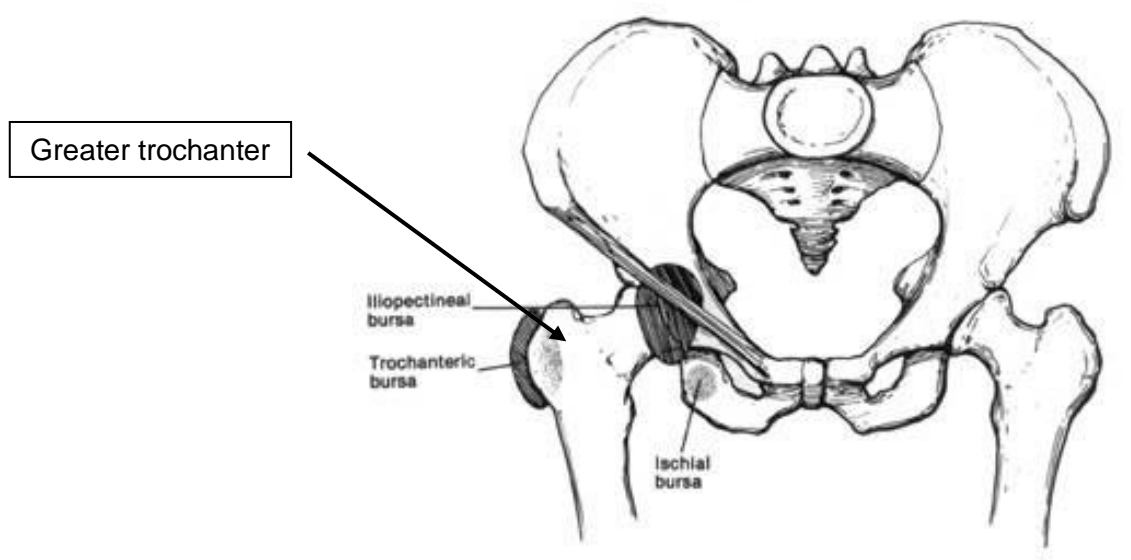


The term GTPS is commonly used to describe a number of conditions that cause the lateral hip and/or buttock pain which can radiate as far as the knee. The greater trochanter is a bony landmark on the outside of the hip where the gluteal muscles (buttocks) attach. There are numerous structures called bursa that sit around the hip to help reduce friction. Although the lateral hip pain can be severe and very tender to touch, it is not a life threatening condition, nor is it serious, but it is often a result of this inflammation. These structures are fluid filled sacs that can become inflamed because of the stresses of resting positions and movement. This is known as trochanteric bursitis.

It can occur as a result of a number of factors and usually involves a muscle imbalance such as weakness or tightness.



<http://www.doctorre.com/commoninjuries/images/bursitis.jpg>

## Tests and diagnosis

- Physical examination by a physiotherapist or GP is usually all that is needed for diagnosis. This will normally involve an assessment of the lumbar spine and hip to include specific muscle testing.
- Further investigation is not normally required.

## Treatment

Conservative treatments have shown to be effective in over 90% of cases<sup>2-3</sup>. These may include:

- Pain relief medication to include topical creams/gels
- Physiotherapy to address any muscle imbalance. A strength training programme is often effective in treating GTPS.
- Rest and activity modification
- Ice therapy, 20 minutes three times a day.
- Corticosteroid injections: These may be helpful with pain management to allow participation in a physiotherapy programme. These are typically delivered by your GP or consultant.

Treatment can involve a combination of the above.

The aim of this leaflet is to give you some understanding of the problem you may have with your Hip. It is not a substitute for professional advice and should be used along with information given by your GP or Physiotherapist. If symptoms continue to persist despite allowing time with conservative measures then please discuss this further with your GP.

## References

1. <http://www.doctorre.com/commoninjuries/images/bursitis.jpg> [Online picture 9-2-17]
2. National Institute for Health and Care Excellence (NICE), 2016. Greater Trochanteric Pain Syndrome (trochanteric bursitis) [online 9-2-17] Available from: <https://cks.nice.org.uk/greater-trochanteric-pain-syndrome-trochanteric-bursitis> [Online 9-2-17]
3. <http://patient.info/health/greater-trochanteric-pain-syndrome> [Online 9-2-17]

## Contact details

Therapy Services Department: 01202 442121

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

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