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## Trochanteric Bursitis, Gluteal Tendonitis

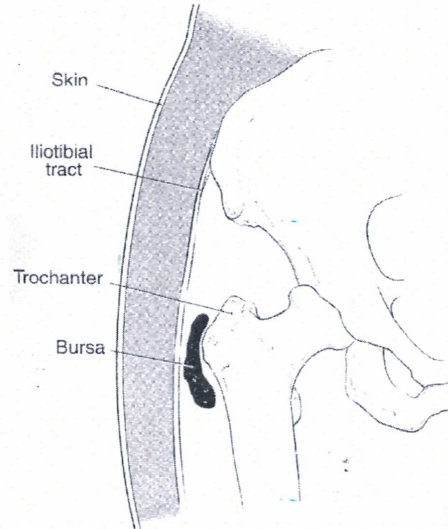
The Trochanteric Bursa is a fluid filled lubrication sac that sits on the outside / lateral side of the hip, under the iliotibial band. Inflammation of the bursa (bursitis) is the most common cause of lateral hip pain. Inflammation of this area can also cause a sensation of hip snapping. Trochanteric Bursitis can be the results of an overuse injury or compensation.

Gluteal Tendonitis is inflammation of the tendons that attach the gluteal muscles to the femur (thigh bone). This result from repetitive forced contractions of the muscle, such as in a soccer player forcefully kicking a ball.

### Initial Treatment

Initial treatment includes anti-inflammatory medication, ice, stretching and strengthening muscles that surround the hip, and modification of the activity that caused the problem. Physical therapy can also be very helpful.

If modification of activities, stretching and strengthening and anti-inflammatory medication is not enough a cortisone injection into the bursa can be very effective.



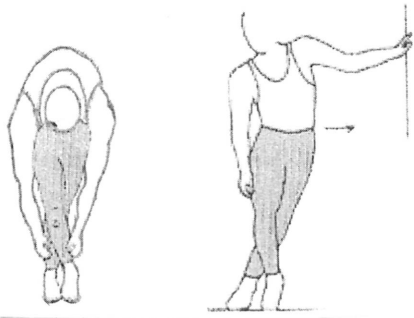
*Figure 1: A view of the hip showing the bursa and the trochanter.*

### Follow-Up Treatment and Prevention

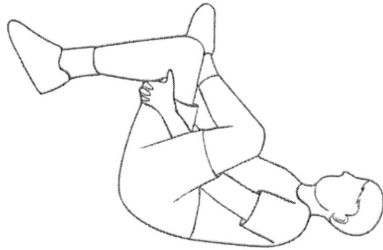
1. Appropriately warm-up and stretch before activities.
2. Allow for enough rest between practices and competition.
3. Maintain hip and thigh flexibility, muscle strength and fitness. (See Figure 2- 5)
4. Modify activities to avoid pain.

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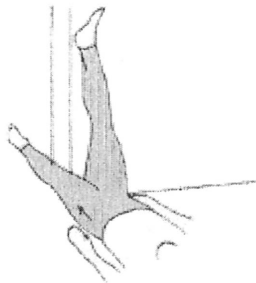
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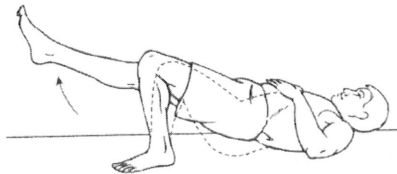
*Figure 2: Iliotibial Band Stretches-  
shown first while standing and then  
side-leaning.*



*Figure 3: Iliotibial Band and Gluteal  
Stretch*



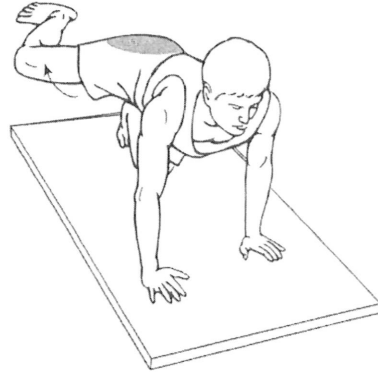
*Figure 4: Wall Hamstring Stretch*



*Figure 5: Hip Extension-  
Strengthening*



*Figure 6: Hip Abduction-  
Strengthening*



*Figure 7: Hip Abduction-  
Strengthening*