

## What is Causing Your Hip Pain? Bursitis? How to Know

A bursa is a fluid filled sac that cushion the bones, tendons, and muscles near your joints. If the bursa becomes inflamed, it is known as bursitis. The most common bursitis in the hip is trochanteric bursitis. This bursitis covers the bony point of the hip called the greater trochanter.



(point of the hip or greater trochanter)

### *Causes of trochanteric bursitis:*

Direct injury to the point of the hip. This could occur from falling, bumping into the hip, or even just lying on the hip for prolonged periods. Repeated overuse or stress to the hip joint area from work or play activities (running, stair climbing, bicycling).

Poor positioning of the hip during sitting, standing, or walking. For example, one may tend to lean mostly on one leg while standing or sitting.



Medical diseases or conditions: Gout, rheumatoid arthritis, pseudogout, etc. Previous surgery around the hip, including hip replacement. Bone spurs or calcium deposits on the tendons that attach to the greater trochanter and irritate the bursa.

Leg length discrepancy: If you have one leg significantly longer than the other, it can affect your walking and irritate the bursa. Rarely it can be caused by an infection.

*Do you have trochanteric bursitis?*

- More common in women and in middle-aged or elderly people.
- Pain on the outside of your affected hip.
- Pain when you are lying on the affected hip.
- The pain often worsens when getting up from a low chair or when getting out of a car seat.
- Pain with use of stairs.
- Single best test you can do yourself.
- Press on the outside of your hip (over the bony part). If bursitis is present, pressing on the area would result in increased pain. You may also feel warmth and swelling.



Bursitis can easily be mis-diagnosed. A muscle or tendon tear or tendinopathy could present in a similar fashion.