



## **Sports Medicine: Greater Trochanter Bursitis**

A bursa is a fluid-filled sac, like a water balloon. It reduces rubbing between the bone and the surrounding soft tissue, like muscles, ligaments, and tendons. Bursitis occurs when there is swelling and pain in a bursa. In this case, it affects the bursa that covers the bony prominence in the thigh bone (femur) on the outside of the hip, called the greater trochanter.

### **Signs and Symptoms**

- Pain, tenderness, or swelling at the greater trochanter of the hip
- In rare cases redness, warmth, and/or fever may be present if the bursa is infected
- Pain with standing, sitting, walking, or squatting for long periods of time

### **Increased Risk**

- Older age
- Rheumatoid arthritis
- Leg length difference
- Females
- Scoliosis or low back injury
- Fast movements or doings movements over and over again
- Contact sports where collision with other players, equipment or the ground is present (football, basketball, soccer)

### **Treatment**

- Medicine
  - Anti-inflammatory medicines like ibuprofen (Motrin® or Advil®) or naproxen (Aleve®) may be recommended. Take these as directed by your health care provider.
  - You may use other minor pain relievers like acetaminophen (Tylenol®).
  - Steroid injections into the bursa may be used to reduce swelling for severe cases.
  - Antibiotics may be prescribed if the bursa becomes infected.

- Use of cold and heat
  - Cold should be applied for 10 to 15 minutes every 2 to 3 hours and after any activity that makes symptoms worse. Use ice packs or an ice massage. Raise the foot and ankle at or above heart level to reduce swelling.
  - Heat may be used before stretching and strengthening activities prescribed by your health care provider or athletic trainer. Use a heat pack or a warm soak. Apply for 10 to 15 minutes.
- Rehab
  - Stretching and strengthening exercises may be recommended and often done under care of a physical therapist or athletic trainer.

## **How to Prevent**

- Use proper technique and wear protective equipment.
- Maintain proper body weight.
- Use shoe inserts for leg-length differences.
- Maintain proper conditioning, flexibility, muscular strength, and endurance.
- Do correct warm-up and cool down before and after practice or competition.

## **When to Call the Doctor**

Call your health care provider or the Sports Medicine team at (614) 355-6000 if:

- Symptoms get worse or do not improve in 2 to 4 weeks, despite treatment.
- Signs of infection develop like fever of 100.4° Fahrenheit (F) or 38° Celsius (C) or higher.
- New, unexplained symptoms develop.

**To schedule an appointment with Sports Medicine, visit [NationwideChildrens.org/SportsMedicineScheduling](https://www.NationwideChildrens.org/SportsMedicineScheduling) or scan this code with your camera phone.**

