



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Greater trochanteric pain syndrome

A patient's guide

Information for patients, relatives and carers

① For more information, please contact:
Physiotherapy Department

Contact Telephone Number: _____

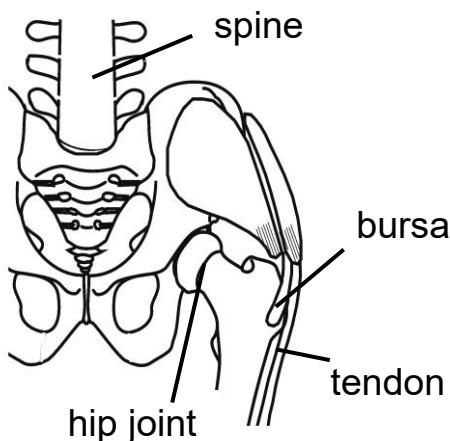
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What is greater trochanteric pain syndrome?

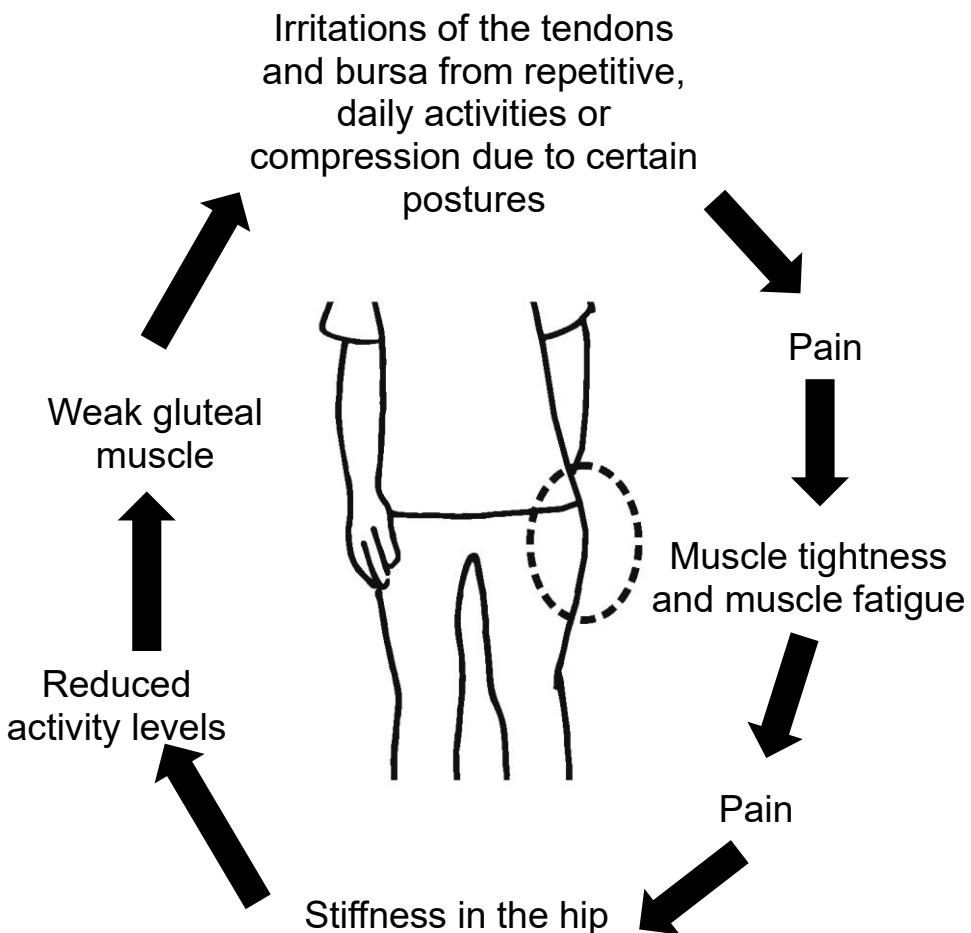
Greater trochanteric pain syndrome (GTPS) is a common condition that causes pain and tenderness on the outside of the hip bone.

It was previously called trochanteric bursitis, as it was thought the bursa situated on the outer side of the hip was the main cause of symptoms. A bursa is a fluid filled sac which is positioned between a bone and a tendon to act as a cushion. This can become inflamed if it becomes compressed or irritated.

Recent research has shown that the gluteal tendons which attach into this area can also be the cause of pain. Due to the demands put on the tendons over time, minor damage can occur resulting in the muscles around the hip become weaker.



This can set up a vicious circle of pain and muscle weakness.



Symptoms of GTPS

Pain is usually felt on the outside of the hip, this may radiate down towards the knee and around the hip. Symptoms often come on gradually over time but can start after a specific activity or injury.

Pain is often aggravated by lying on your hip, climbing stairs, running or sometimes walking.

The area is often particularly tender when touched.

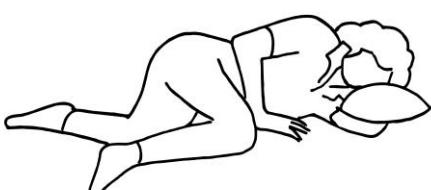
How common is it?

GTPS is a common hip condition. It affects more women than men, typically occurring in people between 40 and 60 years old.

Lower back pain or knee osteoarthritis are often associated with people who suffer GTPS.

How can I ease my pain?

There are certain positions that aggravate GTPS by compressing the tendons and bursa against the thigh bone. Positions where the knee is taken across the body need to be avoided. Often by reducing the compression on the painful structures symptoms can significantly reduce.

Good positions	Positions to avoid
	 
	
 	

Exercises

Exercises that strengthen the affected muscles on the outside of the hip (gluteal muscles) can also help to ease the pain. By strengthening the gluteal muscles, the body can move normally again and stop the circle of pain. If you have any problems with the exercises, please speak to your physiotherapist who will be able to adapt them specifically for you.

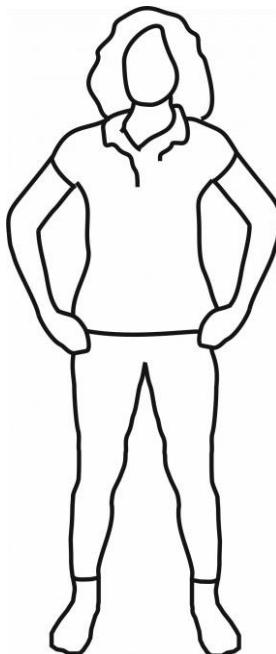
1. Hip abduction in lying



- Lie down on your back with a pillow under your thighs and your legs hip width apart. Tie a band around your thighs. Very slowly and gently push your legs out against the band so you can feel the muscles in your upper legs tense, but don't move your legs. Hold this position for five seconds then relax.
- Repeat _____ times

2. Hip abduction in standing

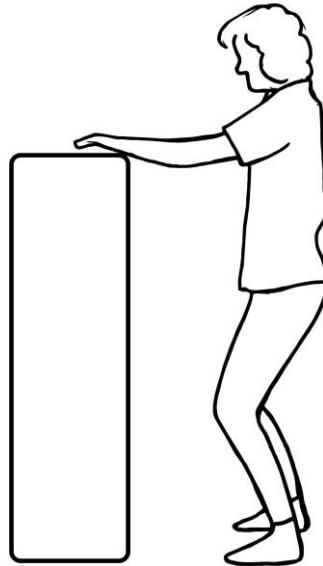
- Stand with your feet slightly wider than hip width apart. Slowly and gently imagine you are going to slide your legs apart. Your legs shouldn't move but you should be aware of the deep muscles in your upper leg becoming tense. All the superficial muscles around your hip should stay soft and relaxed. If you struggle to keep the superficial muscles relaxed you can lean against a wall at first.
- Repeattimes.



Mini squats

- Stand with your feet shoulder width apart. Hold onto a sturdy object like a work surface or chair for balance.

Slowly push your hips backwards and body forwards as if you were sitting down on a chair. Bend your knees slightly to an angle of 45 degrees. As you return to a standing position, push through your heels. Do this slowly and with control.

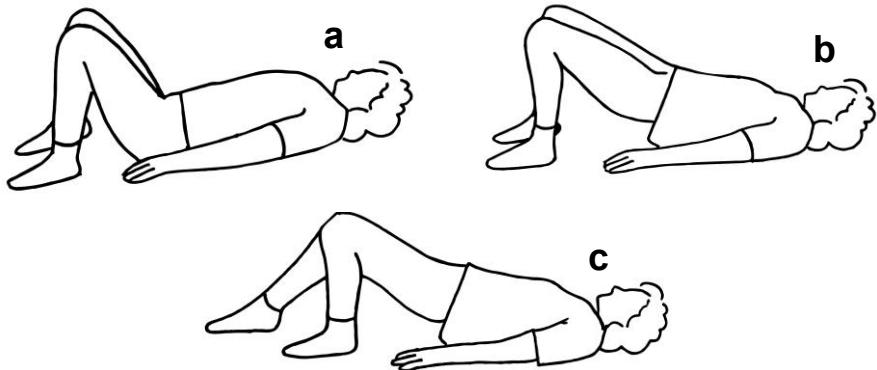


- Repeat _____ times
- To advance the squat, take a step backwards with one leg and squat down as above. Your weight will now be going more through your front leg with your back one for balance.

Don't let your pelvis dip. You may need to hold on to a support to balance to start with

- Repeat.....times

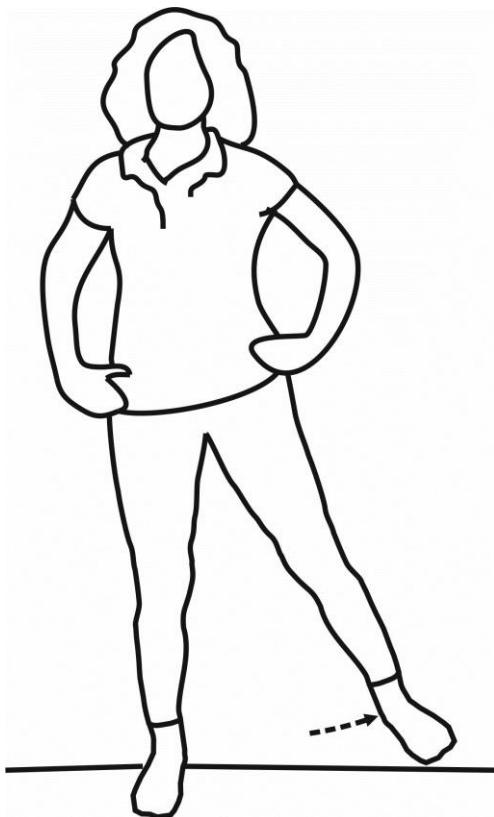
3. Bridging



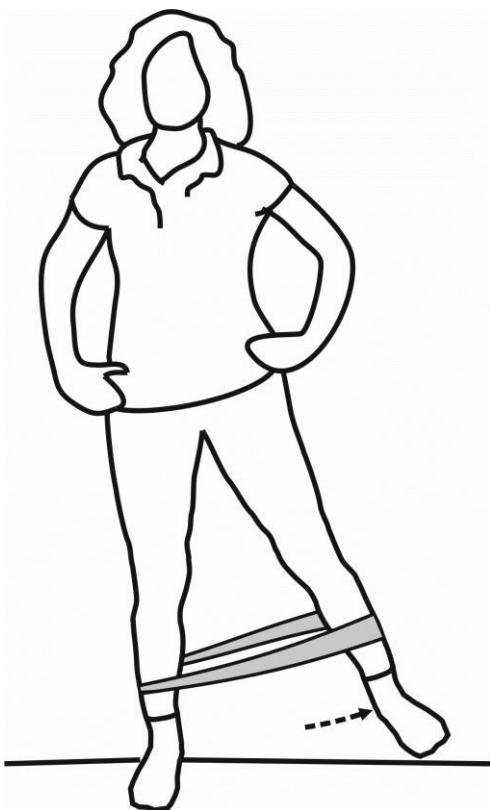
- Lie down on your back keeping your knees bent and your feet flat on the bed (picture a). Lift your bottom off the bed as shown in picture b and hold for five seconds, before then lowering down slowly. Only lift as far as comfortable. To start with this may only be lifting your bottom a little way.
- Repeat _____ times
- To advance the exercises move one leg down the bed a little way before you lift up as shown in picture c. Make sure you keep your hips level and don't twist. The bent leg will have to work harder to keep your hips level. Hold for five seconds before then lowering down slowly. Repeat _____ times

4. Walking sideways

- Starting in a good posture step to the side. Try to keep your body upright and facing forwards. Concentrate on controlling the push from one side and landing softly on the other. Only step back to hip widths apart don't bring feet together.
- Repeat.....times



- To advance this add a resistance band around your ankles. Your physiotherapist will tell you when to start this and assess your balance before you do.
- Repeattimes



Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
[enter contact details here including address and telephone and email if possible.]

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

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Telephone: 01904 725566

Email: access@york.nhs.uk

Owner	Heather Harrison, Physiotherapist
Date first issued	April 2018
Review Date	December 2024
Version	3 (issued July 2022)
Approved by	Julie Ackroyd, Therapy Team Leader
Document Reference	PIL 1163 v3

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