

Dr. Colin Gage

Nicola Valley Chiropractic
2076A Granite Ave.
P.O. Box 909
Merritt, BC
V1K 1B8

Ph: (250) 378-5456
Fax: (250) 378-8259
Email: info@merrittchiro.com
Website: www.merrittchiro.com

"treating the cause of your problem, not just the symptoms"

Do You Have Bursitis?

Trochanteric bursitis is inflammation of the bursa located at the point of the hip referred to as the *greater trochanter*. The function of the bursae (like a small jelly filled sac) is to reduce the friction when tendons and muscles slide over the outermost point of the hip when you walk or run. Unfortunately, when this bursa becomes irritated or inflamed, it causes pain in the hip.

Bursitis typically causes the following symptoms:

- Pain on the outside of the hip and thigh or in the buttock, worsening at night or when you are inactive.
- Pain when you press in on the outside of the hip, which gets worse when getting up from a deep chair or getting out of the car.
- Pain with walking up stairs.
- Pain which radiates down the thigh at night.

Trochanteric bursitis is most often caused by overuse, stress or direct trauma to the outside area of the hip region, such as with repeated bumping or prolonged pressure. It is more common in women and in middle-aged or elderly people. Many times, the cause is unknown. Bursitis typically results from one or more of these factors:

- Injury to the point of the hip. This can include falling onto the hip, bumping your hip on the edge of a table or lying on one side of the body for an extended period.
- Play or work activities that cause overuse or injury to the joint areas (for example running up stairs, climbing or standing for long periods of time).
- Incorrect posture, which can be caused by scoliosis, arthritis of the lumbar (lower) spine and other spine problems.
- Stress on the soft tissues from an abnormal or poorly positioned joint or bone (such as leg length differences or arthritis in a joint).

For most cases of trochanteric bursitis that I see in my office, the patient has already tried other treatments, such as corticosteroid injections or anti-inflammatory drugs. Unfortunately, most treatments available will attempt to address the *symptoms* (pain, inflammation) without correcting the actual *problem*. Therefore, the symptoms eventually reoccur and may eventually become worse.

So, if you want to treat the cause and not the symptoms, how do you do it? Typically, there is a problem in or around the hip that is creating an increased amount friction on the bursae, leading to inflammation. Most commonly, the muscles above the hip and into the buttocks are too tight. These muscles attach to a long and wide tendon that extends over the hip joint and down the leg as far as the outside of the knee. Thus, the tighter these muscles are, the tighter the tendon becomes, and the greater the friction as it slides back and forth over the hip. Eventually, this creates inflammation of the bursae that sits on the outermost point of the hip. Bingo, you have trochanteric bursitis!

In my experience, a series of specific chiropractic treatments will alleviate the cause, and thus the symptoms, of trochanteric bursitis. These treatments are aimed at restoring proper mobility to the affected joints, releasing the tight muscles above the hip and into the buttock, and also teaching the patient how to stretch the muscles involved. The reason why treating the inflammation and pain does not work long term is because the actual problem still exists. This will eventually make the pain and inflammation return.