

Greater Trochanteric Pain Syndrome (GTPS)

What is Greater Trochanteric Pain Syndrome (GTPS)?

GTPS is a common cause of pain in the side of the hip it used to be called trochanteric bursitis. There are a few structures that can be involved in this. The main structures affected are the tendons and muscles that move your hip. Bursae can also be involved, they are fluid filled sacks that lie over bony prominences and allow muscles and tendons to move freely.

What are the symptoms of GTPS?

- More common in women and in middle aged or elderly people.
- Increased weight.
- Weak hip muscles and low activity levels.
- Sudden changes in activity levels.
- But in many cases the cause is unknown.

How is GTPS diagnosed?

- Your description of the symptoms and the history.
- Physical examination and tests to reproduce your symptoms.
- Most patients do not require further investigations to diagnose GTPS.
- A small number of patients may require further investigations if the diagnosis is unclear following examination and history taking. Pain in this area can often be referred from other areas such as the lumbar spine.

How is GTPS treated?

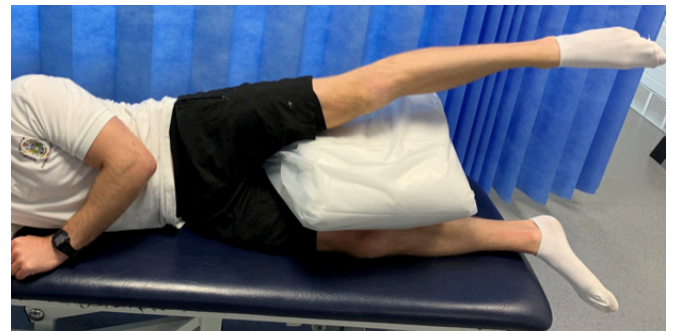
- Hip strengthening exercises.
- Activity modification.
- Pain killers or anti-inflammatory medication. Your GP or local pharmacist can advise.
- Injection of steroid can help reduce pain in the short term to help with rehab but will not resolve the symptoms.
- If you are overweight the risk of recurrence will be reduced with appropriate weight loss.

Will I need surgery?

There is no surgery for GTPS.

Exercises

Leg raises



With a pillow between your legs, lift the effected side up and hold it for a few seconds. Relax and then repeat this.

Bridging

Lying on your back with your knees bent, draw in your deep abdominals then lift your bottom off the bed until you are straight from the knees to your shoulders. Ensure you keep a neutral position in your lumbar spine throughout. Hold until muscle tires. Repeat 2-3 times.



ITB

Standing on your right/left leg, step the opposite leg across in front of it then bend over to your right/left hand side. Hold for 30 seconds. Repeat 2 times.



Leeds Community Healthcare NHS Trust accept no responsibility for pain or injury resulting from the use of these information sheets. If you experience an increase in your pain that does not settle, or any other adverse symptoms, please contact your GP or physiotherapist before continuing with the exercises.

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.