

Definition—Hip bursitis is a catch-all phrase for inflammation of certain bursa sacs (fluid-filled sacs) that act as cushions in between muscles and bones and tendons. Resulting from increased friction between a muscle or tendon on bone, bursitis in the hip region usually is isolated to certain areas of the hip including the greater trochanteric, ischial, or iliopsoas bursae.

Mechanism of Injury:

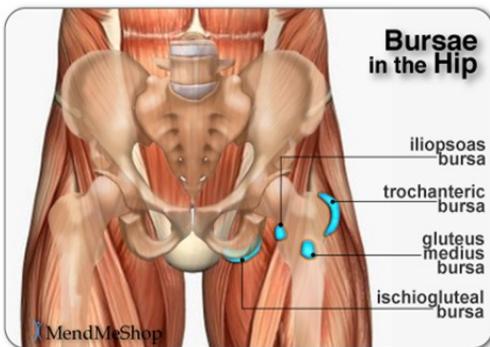
Can be caused by congenital influences, sitting for long periods of time, overuse stress, or direct trauma, such as falling. Once the primary factor is addressed, one can correct the problem and eliminate pain.

Physical Therapy

Initial Care: Rest, ice and electrical stimulation should be the primary treatment when the injury first arises. Limit bothersome activities till your physical therapist or athletic trainer approves activity.

Once pain and swelling have been limited, one should begin a stretching regimen to help protect oneself from further damage.

Stretching should include:



Groin



IT Band



Hamstrings



Hip Flexors



Criteria for Return to Sports and/or Work:

Most do not need to take time off from activities unless the bursitis was caused by direct trauma. As long as the one affected is able to tolerate the pain, he or she can continue activities. It is necessary to incorporate stretching as to eliminate pain, however.

These stretches should be held for 30 seconds and done 3 times in a sitting. One should try to stretch multiple times in a day as to create good flexibility. **It is important to focus on flexibility of the hip muscles so as not to cause bursitis or other injuries from reoccurring.**

Works Cited

Prentice, W. E. (2011). *Rehabilitation Techniques for Sports Medicine and Athletic Training* (5th ed.). Chapel Hill, NC: McGraw Hill.

Starkey, C., Brown, S. D., & Ryan, J. (2010). *Examination of orthopedic and athletic injuries* (3rd ed.). Philadelphia, PA: F.A. Davis.