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# **Trochanteric Bursitis Initial Management**

Below please find a sample of early techniques to manage Trochanteric Bursitis. For best results, discuss this plan with your occupational therapist, physiotherapist or physician.

#### Ice

Apply a cold pack wrapped in a damp tea towel to area of pain on the outside of your thigh for 10 to 15 minutes. Reapply every 2 hours as required.

## **Modify Activities**

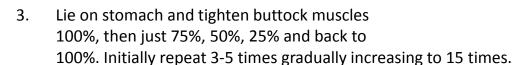
While healing,

- Avoid standing with all of your weight on one leg
- Avoid standing for prolonged periods
- Take frequent sitting breaks when walking
- •Avoid taking more stairs than you need to.



#### **Exercises**

- Engage core muscles <u>throughout the day</u> by pulling belly button toward back while gently tightening pelvic floor and buttock muscles <u>without holding breath</u>. Hold for 5 seconds (Can do in standing, walking, sitting or lying)
- Lie on unaffected side with knees and hips bent. Lift top knee like a clamshell while <u>keeping trunk still and tummy tight</u>. Hold for 5 seconds. Repeat 5 – 15 times daily.



See your physiotherapist, occupational therapist or physician for further management.