

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

1. Engage core muscles throughout the day by pulling belly button toward back while gently tightening pelvic floor and buttock muscles **without holding breath**. Hold for 5 seconds (Can do in standing, walking, sitting or lying)
2. Lie on unaffected side with knees and hips bent. Lift top knee like a clamshell while keeping trunk still and tummy tight. Hold for 5 seconds. Repeat 5 – 15 times daily.
3. Lie on stomach and tighten buttock muscles 100%, then just 75%, 50%, 25% and back to 100%. Initially repeat 3-5 times gradually increasing to 15 times.



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