Hip Bursitis

Bursitis is a swelling and soreness *(inflammation*) of a fluid-filled sac (*bursa*). This sac overlies and protects the joints.

CAUSES

Bursitis can be caused by:

- Injury.
- Overuse of the muscles surrounding the joint.
- Arthritis.
- Gout.
- Infection.
- Cold weather.
- Inadequate warm-up and conditioning prior to activities

The cause may be unknown. In the hip, it is a soreness of the bursa surrounding either of the big knobs of bone (*trochanters*) at the top of the thigh bone *(femur*).

SYMPTOMS

Bursitis may vary from mild irritation to an *abscess* (also called a boil or furuncle). This can cause excruciating pain. The joints most likely to be affected by bursitis are the elbows, shoulders, hips and knees. Symptoms usually lessen in 3 to 4 weeks with treatment, but often come back.

DIAGNOSIS

Bursitis in the hip usually begins as tenderness and swelling over the outside of the hip. There is also pain with motion of the hip. If the bursa becomes infected, a temperature may be present. Redness and tenderness and warmth will develop over the hip.

HOME CARE INSTRUCTIONS

- Apply ice to the affected area for 15 to 20 minutes, each hour while awake, for 2 days. Put the ice in a plastic bag and place a towel between the bag of ice and your skin.
- Rest the painful joint as much as possible, but continue to put the joint through a normal range of motion at least four times per day. When the pain lessens, begin normal, slow movements and usual activities to help prevent stiffness of the hip.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Use crutches to limit weight bearing on the hip joint, if advised.
- Elevate your painful hip to reduce swelling. Use pillows for propping and cushioning your legs and hips.
- Gentle massage may provide comfort and decrease swelling.
- If conservative treatment does not work, your caregiver may advise draining the bursa and injecting cortisone into the area. This may speed up the healing process. This may also be used as an initial treatment of choice.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your pain increases even during treatment, or you are not improving.
- An oral temperature above 102° F (38.9° C) develops, not controlled by medication.
- You have heat and inflammation over the involved bursa.
- You have any other questions or concerns.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.

- Will get help right away if you are not doing well or get worse.

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