

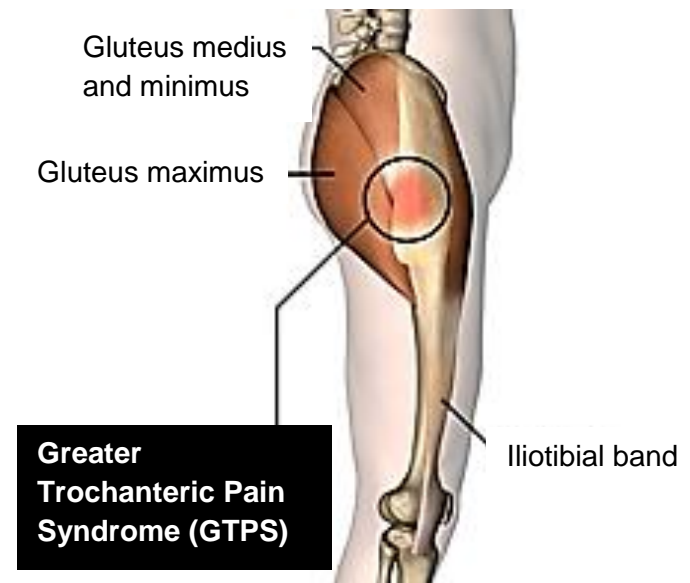
Self Help For Lateral Hip Pain/Greater Trochanteric Pain Syndrome (GTPS)

Information for patients

What is GTPS?

GTPS is a condition where pain is felt on the outer side of the hip that may also travel down the outer side of your thigh. It can present suddenly through overuse or build up gradually over time.

The pain is most likely due to irritation, over loading or degeneration of one or two of the smaller hip muscle tendons (gluteus medius and minimus) where they attach into the hip bone. This is also known as 'tendinopathy'. In roughly 20% of occurrences there may be an associated inflamed bursa known as a bursitis contributing to pain.



Risk Factors

- Weak muscles around the hip
- Occurs more commonly in women than men
- Trauma to the hip area

Symptoms

- Localised pain and tenderness on the outside of the hip
- Pain at night when lying on the affected hip, causing disturbed sleep
- Pain on sitting for long periods of time and/or sitting cross legged
- Pain when rising from a chair and walking or going up/down stairs and hills

Prognosis/Outlook



GTPS recovers very well with treatment, but recovery can be slow.

If symptoms are mild and the pain is fairly new, recovery may only take a few weeks. If the pain has been present for a month or longer then full recovery can take much longer.

Management

- Complete the exercises below to improve the strength of the hip muscles and tendons
- Try to keep as active as your pain allows
- Avoid sitting with your legs crossed or knees wide apart – keep your knees and hips parallel
- Avoid low or saggy chairs. A wedge cushion may make sitting more comfortable
- When lying in bed, try sleeping on your back or on your side with a pillow or two between your knees to keep your thighs parallel
- When standing, avoid pushing your hip to one side. Stand with a good upright posture
- If you work at a desk, get up and move around every 30 minutes or so

Exercises

Diagram	Explanation
	<p>To complete the sit to stand exercise - with a chair behind, you squeeze your buttock muscles and slowly push yourself off the chair.</p> <p>Control the movement as you slowly sit back down until you feel your buttocks touch the chair and then push back up.</p> <p>Repeat 8-12 times, three times each day.</p>
	<p>To complete the buttock squeeze - lie on your back and squeeze your buttock muscles together and hold for five seconds. Repeat 10 times.</p> <p>To complete the exercise for strengthening the buttock muscles - squeeze your buttock muscles tightly together and slowly lift your buttocks off the bed/floor.</p> <p>Hold this position for five seconds without arching your back.</p> <p>Repeat 6-12 times, three times each day.</p>



To complete the side lying leg lift - place a pillow in between your knees with the leg you are strengthening on top.

Keeping your back and leg straight slowly lift the leg from the pillow towards the ceiling, then slowly control the leg back down towards the pillow.

Remember to keep this movement slow and controlled.

Repeat 8-12 times, three times each day.

Frequently Asked Questions

Should I take painkillers?

Painkillers can help reduce your pain and therefore keep you moving. It is important to discuss this with your GP or a Pharmacist, especially if you are taking any other medication.

Should I use heat or ice?

There is no correct answer. You may use whatever relieves your discomfort.

What should I do if my symptoms do not settle?

If your symptoms persist for longer than two months after following the advice in this leaflet, please complete a physiotherapy self-referral form from your local GP reception.

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.

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