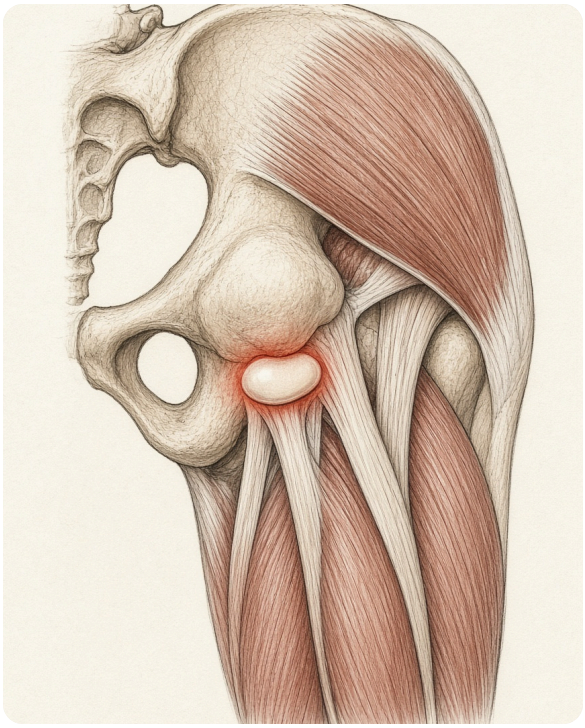
ARMIN PHYSIO



PATIENT GUIDE

Ischial Bursitis

Pain when sitting? It could be **ischial bursitis.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is ischial bursitis?

Ischial bursitis (sometimes called “weaver’s bottom”) happens when the small fluid sac between your sitting bone and the surrounding tissues becomes irritated. It often comes from long periods of sitting, running or cycling, or pressure on the area. Most cases improve by reducing irritation and gradually strengthening the glutes, hamstrings and core. Hamstring tendon or nerve problems can feel similar, so get assessed if it persists.

QUICK CHECK

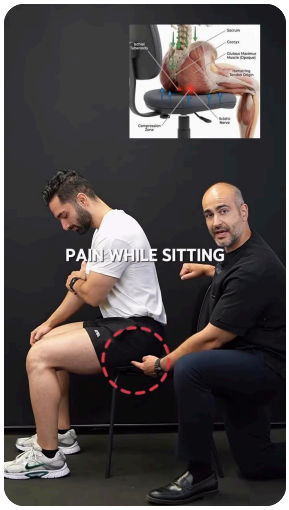
Does this sound like you?

- [ ] Pain in the **gluteal fold** or right on your **sit bone**
- [ ] **Hip pain while sitting**, especially on hard surfaces
- [ ] Pain in the gluteal fold when you **bring your knee up** toward your chest
- [ ] **Tenderness** when pressing on the sitting bone
- [ ] Pain with **running, hills or squatting**

If you ticked a few boxes, the bursa at your sit bone could be irritated. Try the 3 exercises on the next pages.



Pain in the gluteal fold



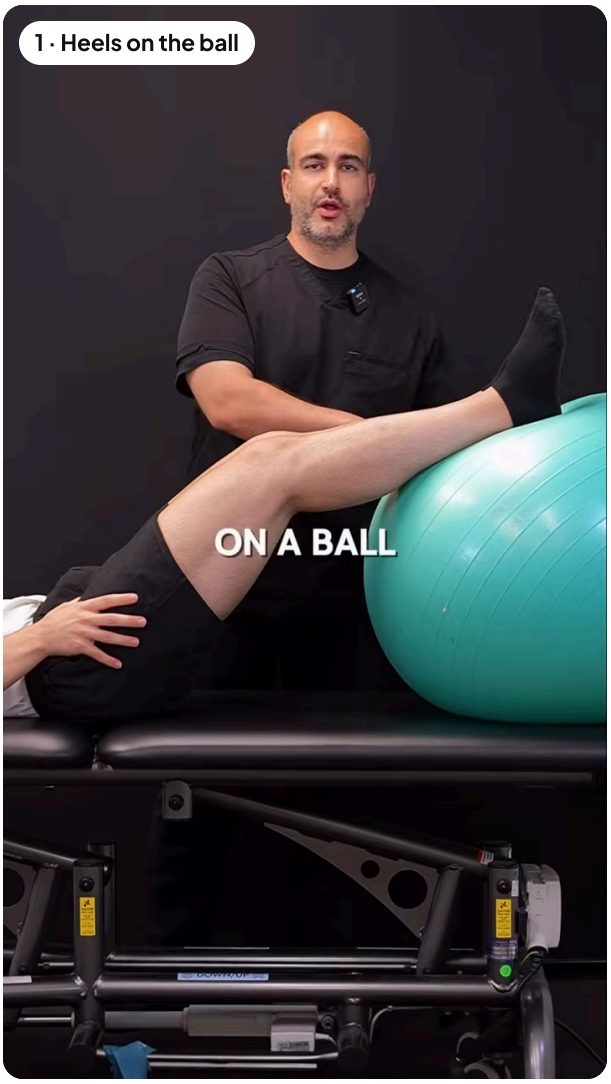
Hip pain while sitting

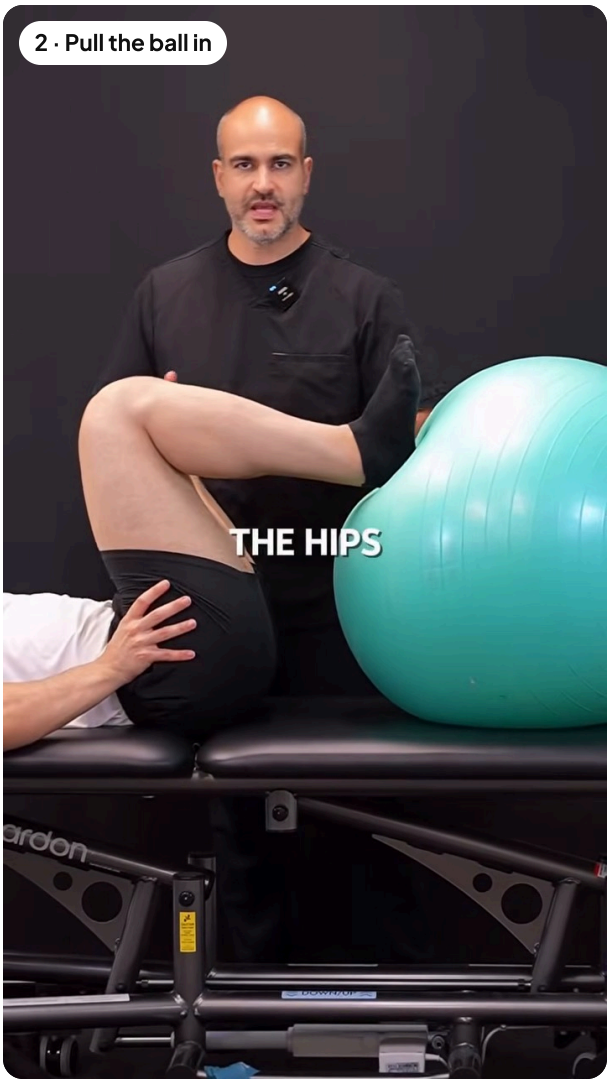
YOUR 3 EXERCISES

Try these exercises

1 Ball hamstring curl

Strengthens the hamstrings





1. **Lie on your back** and **place your heels on a ball** like this.
2. **Dig the heels in** and **bring the ball in towards the hips**.
3. **Go right back out**, working those hamstrings, and repeat.

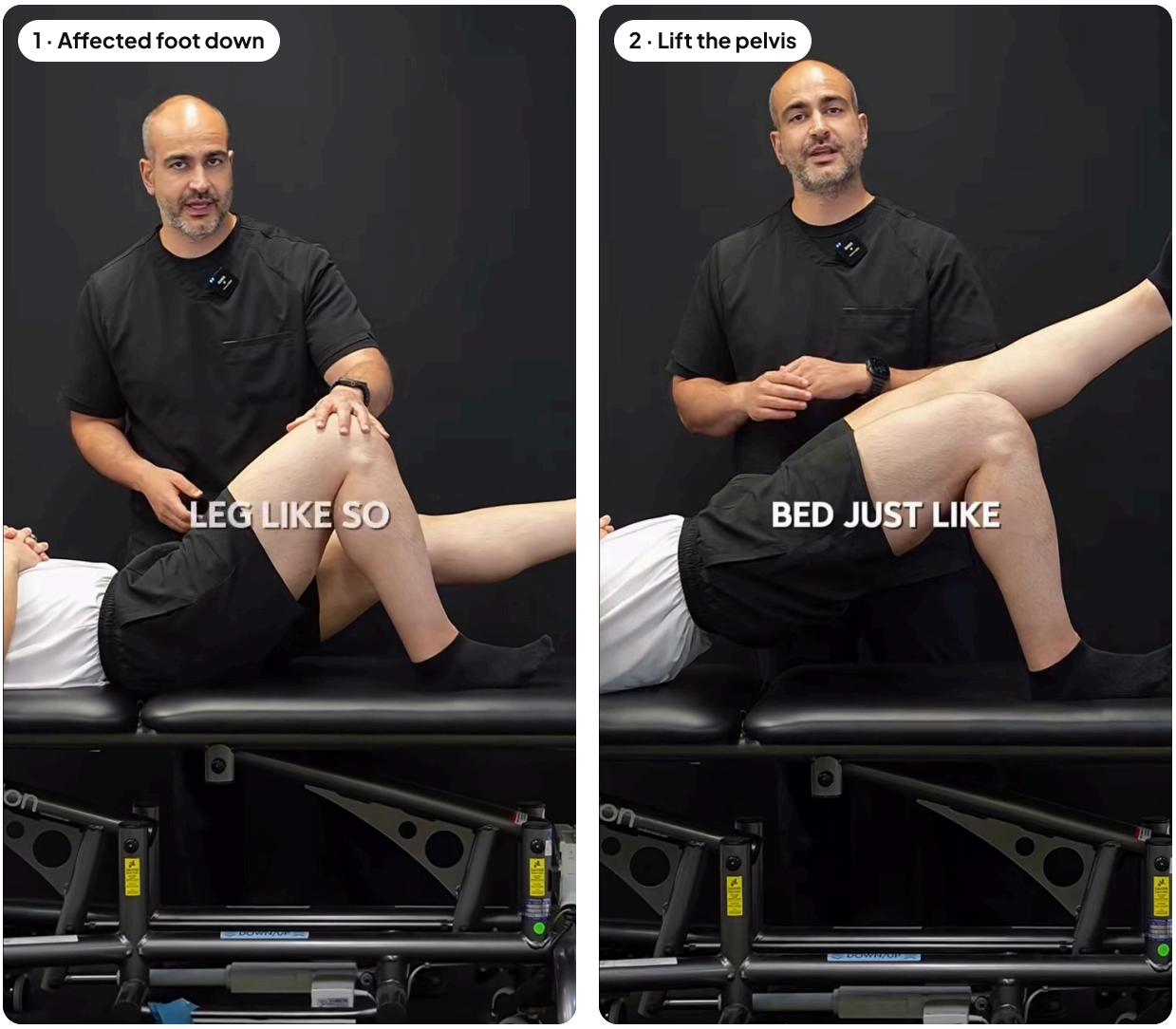
3 sets of 10–15 reps, hold **3–5 s**

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Single-leg bridge

Loads the glutes and hamstrings on the affected side



1. **Lie on your back** and **have the affected leg like so** (foot on the bed, other leg up).
2. **Dig into the ground** and **lift the pelvis off the bed** just like so.
3. **Go back down slowly** and repeat. You'll feel it all in this area.

3 sets of 10–15 reps, hold **3–5 s**

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Hamstring hip-hinge stretch

Stretches the hamstrings and back of the thigh





1. **Place your heel on a chair** with your **knee slightly bent**.
2. **Keep your back nice and straight.**
3. **Hinge that hip**, going backwards, feeling a stretch all along the back of the thigh.
4. **Hold it for 30 seconds** and repeat.

Hold about 30 seconds, 2–3 times

Hold from Armin's video; repeats suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Strengthen
Ball hamstring curl, 3 × 10–15

02
Load
Single-leg bridge, 3 × 10–15

03
Stretch
Hamstring hip-hinge stretch, 30 s

Sets, reps and 3–5 s holds are from Armin's video description and the 30-second hold is from his video; doing it once a day is a suggestion. Early on, avoid sitting on hard surfaces for long and take regular standing breaks (from his description). Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp or pinching pain in the hip
- Pain above about 4/10, or pain that keeps building as you go
- Pain that lingers or is worse the next day

Proximal hamstring tendon problems and nerve irritation can feel similar, so get assessed if your pain persists or worsens (from Armin's description).

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg**, especially after a **fall**
- The leg looks **shorter or turned out**, or the hip suddenly won't move
- A **hot, red or swollen** hip with **fever** or feeling unwell
- **Numbness in the groin**, new **bladder or bowel** changes, or leg weakness that's getting worse
- **Constant pain at night** or at rest that doesn't ease
- **Unexplained weight loss** or a history of cancer with new hip pain

If you can't bear weight after a fall, have a hot swollen hip with fever, or have groin numbness or bladder/bowel changes, **go to the nearest emergency department**. For the others, see a doctor promptly. If your hip isn't improving after a few weeks, **book an assessment**.

FREE · STAY IN THE LOOP

Join Physio Updates

My Instagram broadcast channel. Follow **@arminphysio** and tap the channel on my profile to join. More free exercise videos on YouTube **@ArminPhysio**.

Scan for @arminphysio

NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

Scan to book

Book →

EMAIL
info@arminphysio.com

WEBSITE
arminphysio.com

INSTAGRAM
@arminphysio

TIKTOK
@armin.phys1o

YOUTUBE
@ArminPhysio

ALSO FROM ARMIN

ZIPDRIP

MOVEWELL med

EASY ALLIED HEALTH
A WELL Health Company

Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

ARMIN PHYSIO