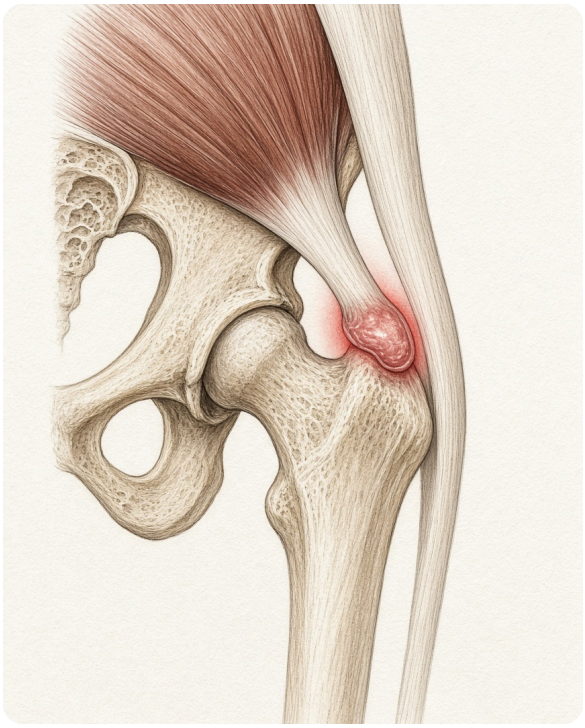
ARMIN PHYSIO



PATIENT GUIDE

Trochanteric Bursitis

Pain on the outside of your hip? It could be **greater trochanteric bursitis.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is greater trochanteric bursitis?

A bursa is a gel-like sac that stops tendons rubbing directly on bone. At the outside of your hip, it sits over the bony bump of the thigh bone (the greater trochanter). It can get irritated by a direct knock, or when tight surrounding muscles and tendons press on it. Isometric (hold-still) exercises are best in the early phase, then you progress.

QUICK CHECK

Does this sound like you?

- ☐ Pain in the **outside of the hip**
- ☐ Pain when you **kick your leg out** to the side
- ☐ A **spot that makes you jump** when touched
- ☐ Pain when **lying on that hip**
- ☐ Pain with **single-leg activity**

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



Pain in this region



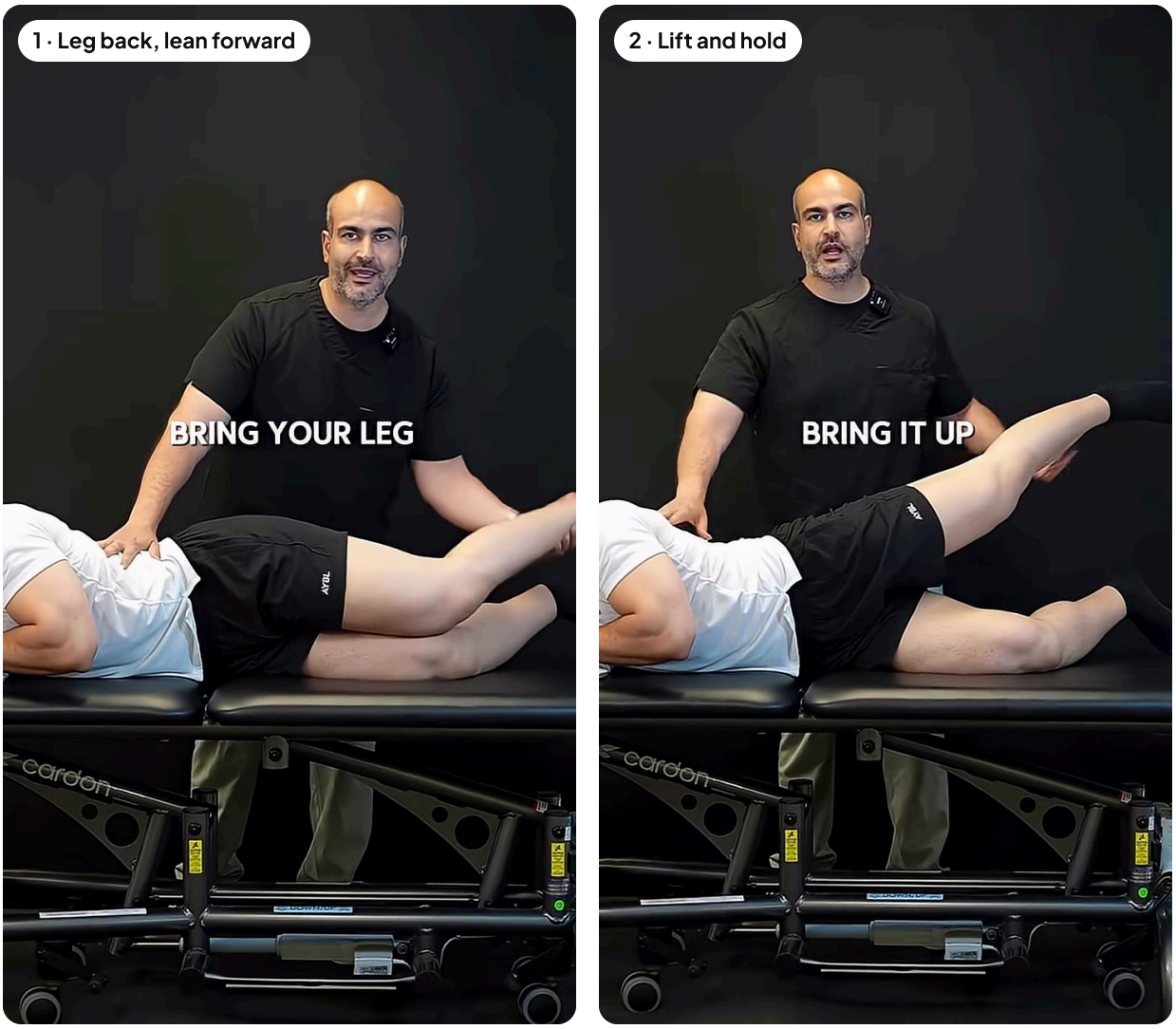
Pain when you kick the leg out

YOUR 3 EXERCISES

Try these exercises

1 Side-lying leg lift

Strengthens the gluteus medius at the side of the hip



1. **Lie on your side** and **slightly lean forward**.
2. **Bring your leg back** so that your ankle is behind shoulder level.
3. **Bring it up** and **hold it three seconds**.
4. **Slowly lower** and repeat.

3 sets of 15, hold **3–5 s**, daily

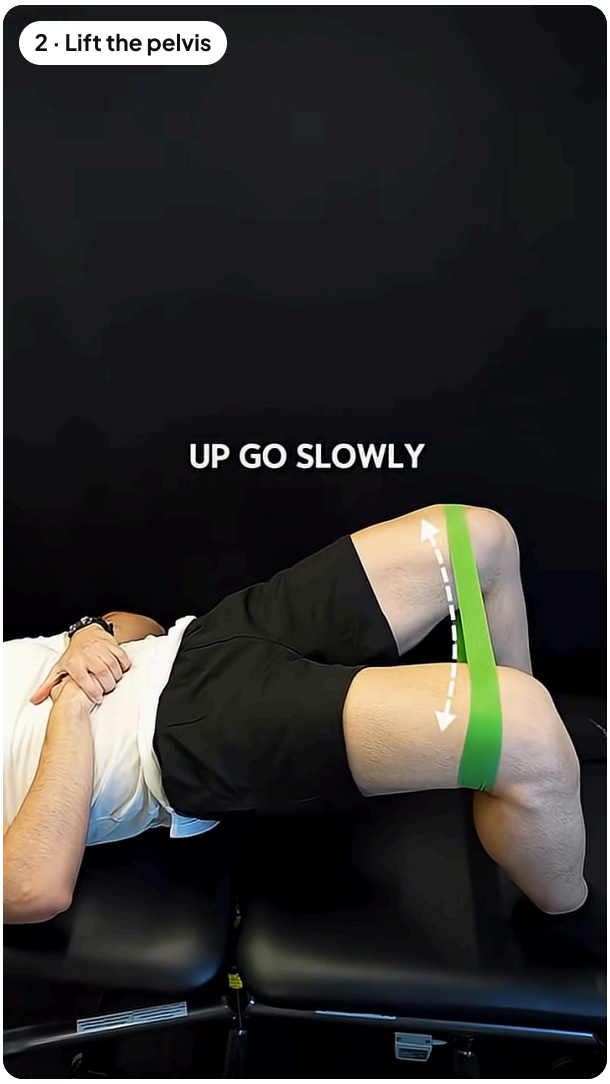
From Armin's video description

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 Banded bridge

Strengthens the glutes and the muscles around the sides of the hips





1. **Lie on your back** and **loop a band around your knees** for some extra resistance around the sides of the hips.
2. **Activate your hip muscles**, pressing through those heels.
3. **Lift that pelvis up.**
4. **Go slowly down** and repeat.

3 sets of 15, hold **3–5 s**, daily

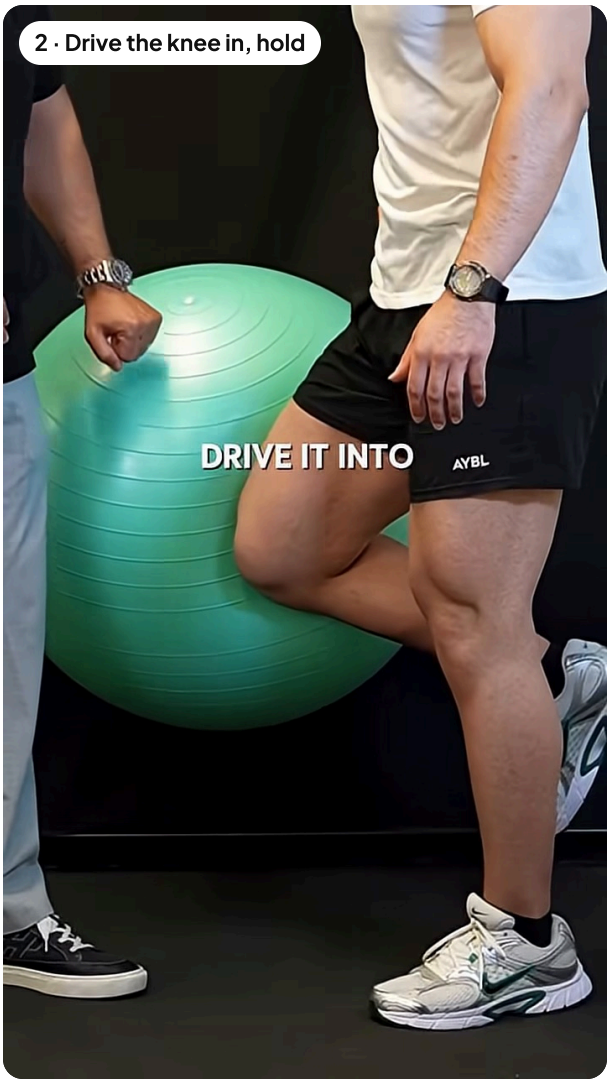
From Armin's video description

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 Standing ball press

Works the side-hip muscles without moving the sore hip (isometric)





1. **Place your unaffected leg against a ball or a pillow** while standing like so (ball against the wall).
2. **Press this knee**, driving it into the ball.
3. **Hold it three seconds** and relax. You'll feel it all in the side of the hip you're standing on.
4. Repeat.

3 sets of 15, hold **3–5 s**, daily

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.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Strengthen
Side-lying leg lift, 3 × 15

02
Glutes
Banded bridge, 3 × 15

03
Isometric
Standing ball press, 3 × 15

Daily, 3 sets of 15 with 3–5 s holds, starting slow and progressing, are all from Armin's video 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

Try not to sleep on the sore side; a pillow between the knees when lying on the other side can help (suggested).

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