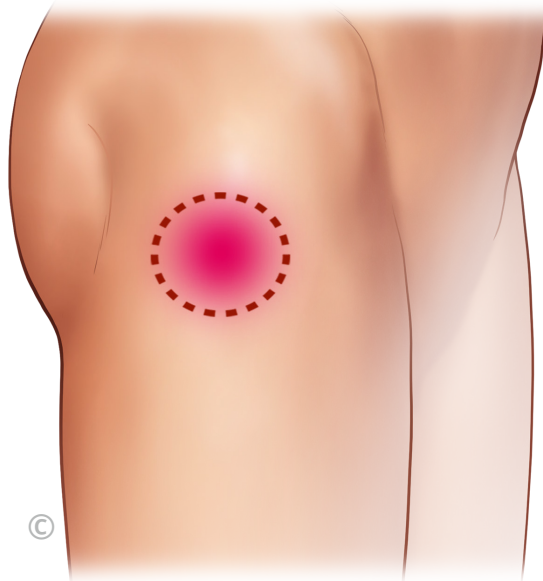
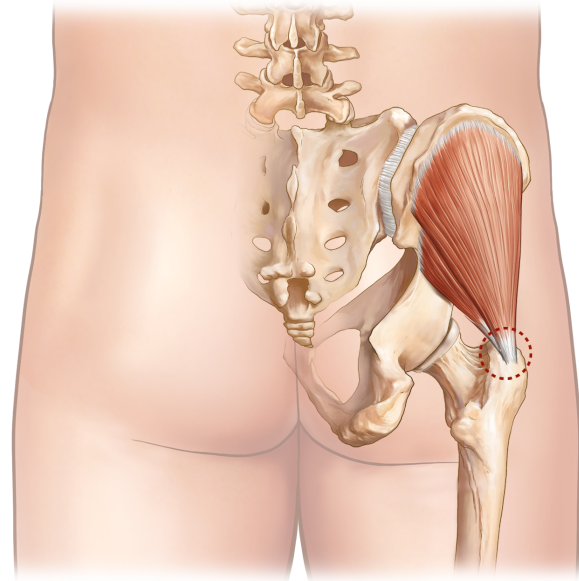


Pain Location



Gluteus Medius and Minimus Tendons



## What is Greater Trochanteric Pain Syndrome?

Greater Trochanteric Pain Syndrome is a condition that involves the tearing and inflammation of the tendons of the gluteus medius and minimus muscles where they attach to the upper part of the femur at the side of the hip. The tendon inflammation arises from acute overload or chronic overuse of the muscles involved. It is usually diagnosed by clinical examination, looking for symptoms such as local tenderness and pain produced by special maneuvers. Diagnostic ultrasound and MRI may be performed to help confirm the diagnosis.

## What are the symptoms?

- Pain felt at the side of the hip worsened by lying on the side or by activities such as walking and climbing stairs.
- Local tenderness on pressure.

## How is it treated?

Treatment may consist of a number of approaches including the application of ice, rest, massage, joint manipulation and mobilization, exercises, stretches and the use of therapeutic modalities such as laser and ultrasound.

## What can I do?

- Follow the home advice given to you by your practitioner.
- Perform your prescribed exercise and stretches daily within your tolerance.
- Stop exercises if they worsen your symptoms and inform your practitioner thus allowing amendments to be made if necessary to your exercise plan.

© All rights reserved. Educom Pty. Ltd.