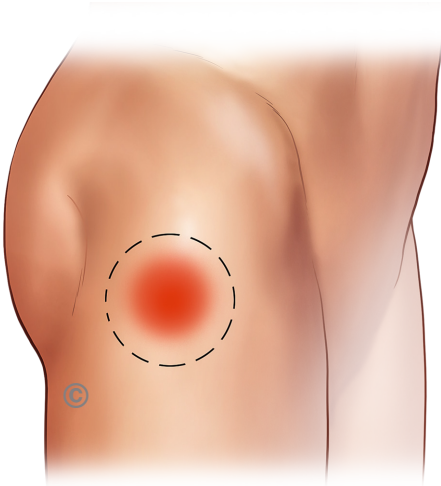
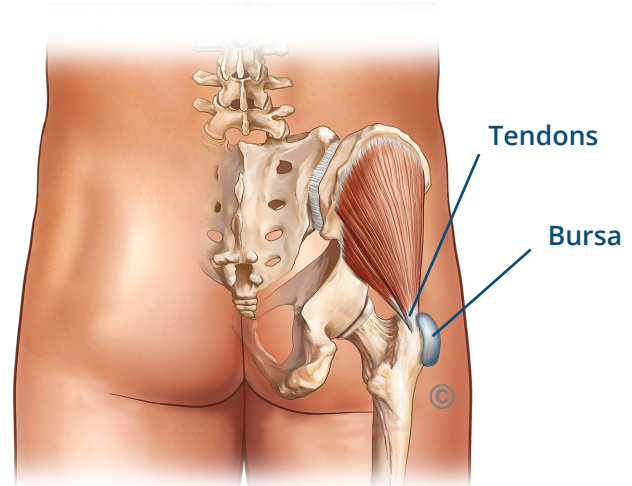


Pain Location



Gluteus Medius and Minimus Muscles



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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 and may also involve the bursa. Tendon inflammation arises from the acute overload or chronic overuse of the involved muscles. It is usually diagnosed by clinical examination, looking for symptoms such as local tenderness and pain produced by special testing 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 which is worsened by lying on the involved side or during 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.

What can I do?

- Follow the home advice given to you by your practitioner.
- Perform your prescribed exercises and stretches daily within your tolerance.
- Stop the exercises if they worsen your symptoms and inform your practitioner so that your exercise plan can be modified.
- Avoid aggravating activities.

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