

What to Expect From Hip Bursitis Physical Therapy

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Introduction

Hip bursitis is a condition that causes discomfort in the hips and other parts of the body. Hip bursitis occurs when the bursa, a tiny fluid-filled sac on the outside or inside of your hip, gets inflamed and irritated. Hip bursitis causes pain, decreased strength, and difficulties with motions like walking or running.

Working with a physical therapist may be beneficial if you have hip bursitis. Your therapist can analyse your condition and figure out what's causing your difficulty mechanically. Then, in order to regain your normal functional mobility, techniques to strengthen your mobility and strength might be undertaken [1].

What Causes Hip Bursitis and How can it be Treated?

Bursae are tiny sacs of synovial fluid found throughout your body. (The plural form of bursa is bursae.) Soft tissue, such as muscles and tendons, can slide and glide smoothly across bony prominences because to these sacs. The trochanteric bursa is located on the outside of each hip, and the iliopsoas bursa is located on the inside of each hip. Excessive rubbing of soft tissue against these bursae can sometimes produce inflammation and pain [2,3].

Hip Bursitis Risk Factors

Hip bursitis can be caused by a number of reasons. These may include the following:

- Spinal issues
- Rheumatoid arthritis is a type of arthritis that affects the joints.
- Accidents and falls
- Repetitive strain and overuse
- Insufficient physical activity

The lateral, or outer, side of your hip is frequently affected by trochanteric hip bursitis. Walking, pressing on your hip, or sleeping on one side may cause pain. You may also notice warmth on the outside of your hip, which is an indication of inflammation. Bursitis of the iliopsoas is commonly felt on the inside of the hip and groin. The bursa can become calcified and thickened if the condition is persistent, meaning it has been present for more than a few months, resulting in increased pain and decreased mobility [4].

Consult your doctor if you feel you have hip bursitis. They can assess your condition and give therapy recommendations. A simple X-ray can reveal whether arthritis is the source of your hip pain. Magnetic resonance imaging (MRI) is a type of sophisticated imaging that can see soft tissue structures surrounding your hip.

Physical therapy has been demonstrated to be an effective treatment for hip bursitis. With hip bursitis, working with a physical therapist can help you regain mobility, strength, and pain-free function.

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Hip Bursitis Physical Therapy: Treatment for hip bursitis involves implementing strategies to reduce inflammation and reduce pressure on the bursae around your hip or hips. The goals of rehab for hip bursitis are to decrease pain, improve range of motion and strength, and restore normal functional mobility.

The majority of persons with hip bursitis benefit from interacting with an orthopaedic doctor or sports therapist. These professionals have a broad understanding of musculoskeletal diseases and can help you manage your bursitis with the right treatments and exercises.

Treatments for Physical Therapy

Heat, ice, ultrasound, electrical stimulation, massage, manual stretching, and range-of-motion and strength exercises are all common physical therapy treatments for hip bursitis.

Prevention

As your hip bursitis rehab progresses, your therapist should educate you with information on how to avoid future episodes of hip discomfort. There are a number of ways to avoid hip bursitis, including:

- Daily hip stretches
- Three to five times a week hip strengthening exercises
- Maintaining optimum physical condition
- Maintaining low back and spinal mobility and strength

If your hip discomfort returns, your physical therapist may recommend that you modify some of your activities. A combination of rest and the appropriate stretches and strengthening exercises may be the key to avoiding a full-blown case of hip bursitis.

References

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