

MY HIP PAIN KEEPS ME AWAKE AT NIGHT.

WHAT DO I DO?

Burning and aching pain in the lateral hip and thigh region may be due to trochanteric bursitis and will often hinder good sleeping patterns. McMeen Physical Therapy can help! >>

Lateral hip and thigh pain that hurts while sleeping or with walking or going up/down stairs may be due to irritation of the trochanteric bursa. Once you have made sure the patient has a structurally stable hip joint McMeen Physical Therapy can help your patient.

Physical therapy evaluation will identify gait dysfunctions, muscle weakness and muscle tightness patterns that will be addressed once the soft tissue healing has begun.

Patient education and training is very important since this is often a chronic problem that will take several weeks to fix.

Biomechanics of the lower extremities will be evaluated and treated if needed. Modalities such as moist heat or ice packs, ultrasound with electrical stimulation or iontophoresis may be used to successfully treat bursitis.

Manual stretching of the IT band, hip flexors, hip adductors, gluteals and hamstrings will be preformed and a home stretching program will be started as tolerated.

Gait training will be emphasized since most trochanteric bursitis patients will walk with a Trendelenburg gait pattern.

Manual therapy techniques like soft tissue massage, myofascial release and trigger point release treatments may also be successful in treating trochanteric bursitis.



"Your Movement Rehabilitation Specialists"

CONTACT US FOR MORE INFORMATION

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