

## HIP BURSITIS

What is hip bursitis? Hip bursitis pain on the outer portion of the hip. It classically causes patients to experience discomfort on the side of the hip with movement such as sitting or standing or walking. Typically the patients will describe pain in the outside of their hip while sleeping or lying on their side.

What causes hip bursitis? Bursitis is a term to indicate inflammation of a bursa. A bursa is a fluid filled sac that normally resides on the outside of the hip and acts as a gliding surface between moving tissues of the body. Typically these bursa will have a few drops of fluid which reduces the friction between the tissues of the body. On occasion they become inflamed and filled with a teaspoon or tablespoon of fluid and cause discomfort.

The cause for hip bursitis can be spontaneous or it may be associated with repetitive activity or localized trauma to the area. Frequently the inflammation of the bursa is a noninfectious condition called aseptic bursitis. On rare occasions these bursa can become infected with bacteria and be called septic bursitis. On a rare occasion, the bursa may be inflamed in those patients who have crystals deposited in the bursal sac such as from the diseases of gout or pseudo gout.

What are the symptoms of hip bursitis? Typically the patients will describe an insidious onset of tenderness on the outer portion of the hip making it difficult to move or lie on the side and frequently causing interruption of sleep.

How is hip bursitis diagnosed? Typically the history of the type of pain that the patient experiences and the physical examination noting localized tenderness over the hip bursa is sufficient to make the determination of hip bursitis. X-rays may be utilized to rule out other conditions mimicking hip bursitis such as hip arthritis.

What is the treatment for bursitis of the hip? The most common hip bursitis is the noninfectious or aseptic hip bursitis. Classically recommendations to prevent repetitive movement of the hip, rest, heat and/or ice, and antiinflammatory medications are of benefit. On occasion if the symptoms persist despite these conservative treatments, injections of anesthetic solutions or steroid solutions with a needle and syringe into the bursal sac will decrease the inflammation and pain. On very rare occasions, surgical excision of the bursa may have to be recommended.

On those rare occasions where infection is causing the bursitis, removal of the fluid and culturing the fluid along with antibiotics usually solves the problem. On rare occasions, surgical drainage and removal of the bursal sac (bursectomy) may be required.