

Greater Trochanteric Pain Syndrome

Explanation of Diagnosis

Greater Trochanteric Pain Syndrome (GTPS) is **inflammation of the tendons, bursae, or muscles around the greater trochanter (the bony bump on the outer hip)**. It is caused by **repetitive stress, weak hip muscles, poor biomechanics, or direct trauma to the hip**. Symptoms include **pain on the outer hip, tenderness when lying on the affected side, stiffness, and discomfort when walking, climbing stairs, or standing for long periods**.

Specific Work Modifications

- **Avoid prolonged standing or walking**; take sitting breaks if possible.
- **Use a cushioned seat with proper lumbar support** to prevent hip strain.
- **Avoid sitting with legs crossed**, which can worsen hip pain.
- **Modify tasks** to avoid repetitive side-to-side movements or excessive stair climbing.
- **Apply ice or heat** to the hip during breaks to relieve pain.

Specific Activity Modifications

- **Avoid high-impact activities** like running, jumping, or excessive side-to-side movements.
- **Modify workouts** by switching to **low-impact exercises** like swimming, cycling, or water aerobics.
- **Perform proper warm-ups and stretching** before activity.
- **Use proper footwear and arch supports** to maintain good biomechanics.

Recommended Supplements

- **Collagen peptides (10 g daily)** - Supports tendon and ligament healing.
- **Vitamin D3 (1000-2000 IU daily)** - Aids in bone and joint health.
- **Magnesium (300-400 mg daily)** - Helps with muscle relaxation and recovery.
- **Omega-3 fatty acids (1000 mg daily)** - Reduces inflammation and stiffness.
- **Turmeric (500 mg twice daily)** - Natural anti-inflammatory.

Recommended Nutrition and Hydration

Diet Recommendations:

- **Anti-inflammatory foods**: Fatty fish (salmon, sardines), turmeric, berries, nuts, and leafy greens.
- **Collagen-boosting foods**: Bone broth, citrus fruits, and bell peppers.

- **Protein-rich foods:** Chicken, eggs, lentils, and dairy to support tendon repair.
- **Limit processed foods, sugar, and alcohol,** which can worsen inflammation.

Hydration Tips:

- **Drink at least 2-3 liters of water daily** to maintain tissue hydration.
- **Limit caffeine and alcohol,** which can slow healing.

Home Exercise Prescription

Perform **2-3 times daily** to improve hip strength and flexibility:

Phase 1: Pain Relief & Mobility (Days 1-5, Reduce Swelling & Stiffness)

1. Ice Therapy

- Apply **ice for 15-20 minutes, 3-4 times daily** to reduce swelling.

2. Hip Flexor Stretch

- Stand or kneel, lunge forward, and stretch the hip flexors.
- **Hold for 20-30 seconds, repeat 3 times per leg.**

3. Gluteal Stretch (Seated or Lying Down)

- Cross the affected leg over the opposite knee and pull toward the chest.
- **Hold for 20-30 seconds, repeat 3 times.**

Phase 2: Strengthening & Stability (After 5-7 Days, Once Pain Improves)

4. Clamshell Exercise (Hip Abductor Strengthening)

- Lie on your side with knees bent, lift the top knee without moving your hips.
- **10 reps per side, 2 times daily.**

5. Side-Lying Leg Lifts

- Lie on your side and lift the top leg while keeping it straight.
- **10 reps per leg, 2 times daily.**

6. Bridges (Glute Strengthening)

- Lie on your back, bend knees, and lift hips.
- **10 reps, 2 times daily.**

Phase 3: Return to Activity (After 2-3 Weeks, If Pain-Free)

7. Standing Hip Abduction

- Stand tall and lift one leg sideways.
- **10 reps per leg, 2 times daily.**

8. Mini Squats (If Comfortable)

- Keep weight in the heels, perform shallow squats.
- **10 reps, 2 times daily.**

⚠ **Avoid running, jumping, or repetitive side-to-side movements until symptoms improve (typically 4-6 weeks).**

Helpful Books

1. *"Rehab Science: How to Overcome Pain and Heal from Injury"* - Tom Walters, DPT
2. *"The Hip Pain Handbook: A Guide to Preventing and Treating Hip Injuries"* - Nicolas Piuze, MD

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.