

Greater Trochanteric Pain Syndrome

Greater trochanteric pain syndrome, or GTPS, describes pain over the outer side of your hip. It can involve the gluteal tendons, which connect the buttock muscles to the thighbone, and nearby bursae, the small cushioning sacs. It is not always simply bursitis.

Common daily triggers

The outside of the hip may feel tender. Lying on that side, walking uphill, climbing stairs, or standing on one leg may increase symptoms.

Reduce painful pressure

Avoid resting directly on the sore hip. If you sleep on the other side, a pillow between your knees may help. Limit prolonged leg crossing and try to distribute your weight evenly when standing. Adjust painful walking or stair activity rather than repeatedly pushing through it.

Build strength with guidance

A physical therapist can tailor exercises to your strength and symptoms. The aim is to improve how the hip muscles handle load. Ask how to adjust the plan if symptoms increase; recovery often takes time.

Seek urgent medical care for hip pain with fever or a hot, swollen joint. Severe pain after a fall or an inability to bear weight needs emergency assessment.

Related reading

- Greater Trochanteric Pain Syndrome
- Femoroacetabular Impingement (FAI)

Sources and further information

- Royal National Orthopaedic Hospital: Gluteal tendinopathy
- NHS: Broken hip

This handout provides general education. Your treating clinician can explain how it applies to your injury.