

Hip Bursitis

Explanation of Diagnosis

Hip bursitis is **inflammation of the bursa** (a fluid-filled sac that reduces friction) over the **greater trochanter (outer hip bone)**. It is commonly caused by **repetitive stress, prolonged pressure, poor posture, hip muscle weakness, or previous injury**. Symptoms include **pain on the outer hip, tenderness when pressing the area, discomfort when lying on the affected side, and pain with prolonged standing, walking, or stair climbing**.

Specific Work Modifications

- **Avoid prolonged standing or walking**; take frequent sitting breaks.
- **Use an ergonomic chair with proper lumbar and hip support** to reduce strain.
- **Avoid crossing legs while sitting**, which can increase hip irritation.
- **If standing is required, use an anti-fatigue mat** to reduce impact on the hip.
- **Apply ice or heat** during breaks if swelling or pain worsens.

Specific Activity Modifications

- **Avoid high-impact activities** like running, jumping, or deep squats.
- **Modify workouts** by switching to **low-impact exercises** like swimming, cycling, or water aerobics.
- **Perform hip-strengthening and stretching exercises** before and after activity.
- **Use proper footwear with good support** to maintain proper hip alignment.

Recommended Supplements

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

Recommended Nutrition and Hydration

Diet Recommendations:

- **Anti-inflammatory foods**: Fatty fish (salmon, sardines), turmeric, berries, walnuts, and olive oil.
- **Joint-supporting foods**: Bone broth, citrus fruits, bell peppers, and nuts.
- **Protein-rich foods**: Chicken, eggs, lentils, and dairy to support muscle and tendon

healing.

- **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, flexibility, and stability:

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

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. Seated Glute Stretch

- Sit upright, cross one leg over the opposite knee, and gently lean forward.
- **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 while keeping feet together.
- **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. Glute Bridges (Hip & Core Strengthening)

- Lie on your back, bend knees, and lift hips while squeezing the glutes.
- **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 without tilting the torso.
- **10 reps per leg, 2 times daily.**

8. Heel-to-Toe Walk (Balance & Coordination)

- Walk in a straight line, placing one foot directly in front of the other.
- **20 steps, 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

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