

# **Orthopaedic Connection**

## **Exercise For Hip Bursitis**

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### ***Transforming patient information into patient understanding.***

So the hip pain you thought was from arthritis actually turned out to be hip bursitis.

It is a common condition and can sometimes be managed by home exercises.

Last time we didn't go into any detail about the various causes of hip bursitis.

### **These causes are:**

- \*Over use of the hip
- \*Trauma to the hip
- \*Abnormal hip movement
- \*Back problems
- \*Leg length differences
- \*Abnormal gait

### **Treatment**

Things you can do yourself are exercise, which we will describe, Advil or Aleve and application of heat and ice.

#### Hip Exercises

- Piriformis stretch  
Lie on the floor and slowly bring your knee up toward your opposite shoulder. You will feel stretching in the hip area. Hold for 30 seconds. Do it five times. Repeat on the opposite side.
- Straight Leg Abduction  
Lie on the floor on the "good" side. Lift your top leg and hold it several inches above your bottom leg for a count of five. Lower it. Repeat 10 times.
- Hip external and internal rotation  
Lie on your back. Legs out straight and separated somewhat. Turn toes and knees outwards all the way repeating 10 - 20

times. Follow this by turning toes and knees inward and do this 10 - 20 times.

Simple exercises but they usually work. In addition, try to relieve pressure on the bursa by avoiding repeated bending of the hip, excess standing or sitting and sleeping on your side.

Don't forget that answers to all your Orthopaedic Surgery and musculoskeletal questions can be answered by logging onto [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com), which can take you to Your Orthopaedic Connection. Check it out.

Our goal is always simple - To help people return to more pain free, functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush