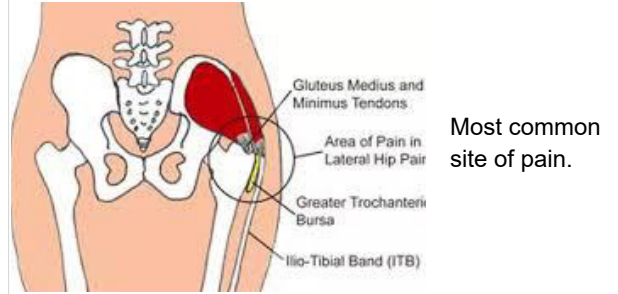


Greater Trochanteric Pain Syndrome - Gluteal Tendinopathy



Most common site of pain behind the head of the femur. Site can be eased by self mobilising with a spikey ball.



Most common site of pain.

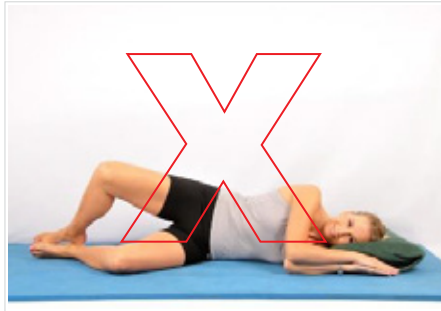
This insertional degenerative tendon injury typically presents as pain on the side (lateral) or behind (posterior) the head of the femur. Glute Medius & / or Minimus Tendinopathy was renamed as Greater Trochanteric Pain Syndrome (GTPS) due to the complex nature and various pain generating structures around the hip. There is often an associated distension of the Trochanteric Bursa. Gluteal Tendinopathy does not present as groin pain but can co-exist with hip joint pathology &/or low back pain.

Presentation

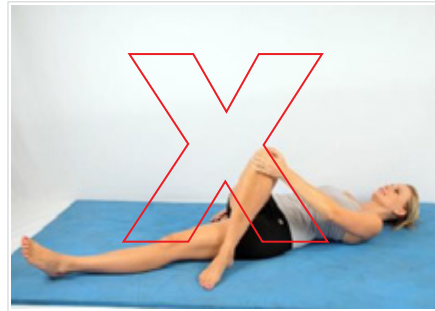
- Seen in the 40+ age group.
- Often seen in physically active peri-menopausal and menopausal women.
- Female to male incidence 3:1.
- Aggravated by certain medications that cause tendon changes (Quinolone antibiotics, Oestrogen inhibitors).
- A history of obesity or an increase in weight.
- Postural & biomechanical positions that increase compressive loads on the lateral hip.
- Co-morbidities such as smoking, Diabetes, steroid use.
- A history of either an increase in activity/ loading, or a period of unload (eg holiday or time off from injury), followed by a return to high load. 'Weekend warriors' are at risk.
- Worst after prolonged sitting, climbing up or down stairs.
- Pain at night disturbing sleep either due to pressure when lying on the side or with the leg falling into adduction when sleeping on the opposite side.
- Compressive forces aggravate. These include crossing legs or hanging on a hip in standing or carrying a baby.
- Patients describe limping initially or wanting to hit the painful area (behind or to the side of the head of the femur) with their fist.



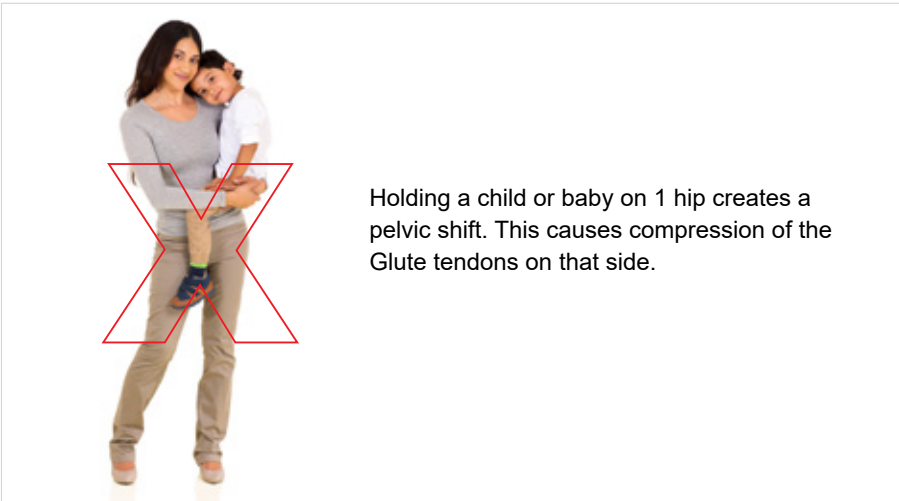
Repetitive application of ICE can reduce swelling of the tendon & acute tendon pain. Groovi Freeze available online: www.groovimovements.co.za



Avoid Clam exercises as they aggravate tendinopathy. The flexion/ outward rotation position compresses the tendon & aggravates symptoms.



Avoid stretches that compress the Glute tendons onto the bone.



Holding a child or baby on 1 hip creates a pelvic shift. This causes compression of the Glute tendons on that side.

