

## What is Causing the Pain on the Side of your Hip? Two Common Possibilities

Pain on the side of your hip may be caused by greater trochanteric bursitis. But the more common cause of side hip pain is gluteal tendinopathy. Both problems present similar symptoms. Luckily, treatment for both issues can be similar as well.

Greater trochanteric bursitis is inflammation (swelling) of the bursae (fluid filled sac) located over the prominent bone on the side of your hip (greater trochanter). The inflammation creates pain on the side of the hip.

Gluteal tendinopathy is a degeneration of the tendon or tendons of the gluteus minimus, gluteus medius, and/or the gluteus maximus muscles. These three muscles are responsible for movement and stabilization of the hip.

What are the symptoms are present with both greater trochanteric bursitis and gluteal tendinopathy?

- Pain on the side of the hip. Pain may spread into the thigh below the side of the hip.
- Pain when lying on the affected hip. Also pain when lying on non-painful side if painful leg is not supported with pillow between knees.



- Pain that often worsens with getting up from a low surface or getting out of a car.



- Pain when weight-bearing during walking climbing stairs, standing, and running.
- Pain upon pressing on the side of the hip. Over the bony prominence.



- Pain with prolonged sitting. May present with waddle type gait pattern due to weakness and pain in the hips.

