

HIP BURSITIS

Hip Bursitis can form while being physically active such as playing basketball, running, or jumping. There is a chance it can form even when just walking.

WHAT CAUSES HIP BURSITIS?

Hip Bursitis is caused by an inflamed and irritated bursa which is the source of pain in your hip.

WHAT IS A BURSA?

A bursa is a fluid filled sack that decreases the friction between bones and soft tissue such as muscles, tendons, ligaments, and these bursa are all throughout your body. There are two main bursa surrounding the hip; one in the front of the hip in the groin area and the second, more commonly irritated bursa, is on the outside of the hip the covers the trochanter of the femur.

SYMPTOMS OF HIP BURSITIS

Hip pain

Limping

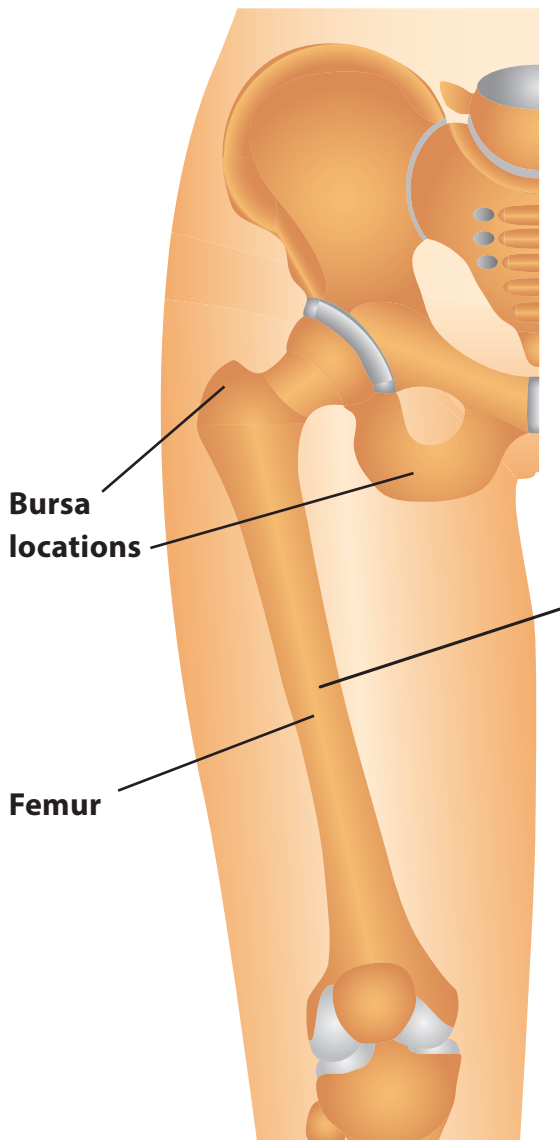
Redness/Warmth
(inflammation)

Tenderness

Swelling

CAN HIP BURSITIS BE TREATED?

Bursitis, when caught early, can be treated at home with certain exercises. If left untreated and the bursitis becomes severe enough, you will need to be evaluated and treated by a licensed physical therapist.



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