

**Lakeview Community Wellness Center
Orthopaedic Connection**

Hip Bursitis

By Thomas J. Haverbush, M.D.
Orthopaedic Surgeon

Transforming patient information into patient understanding.

Hip bursitis and its cousin tendinitis are among the most common Orthopaedic problems I treat. Ongoing pain around the hip that patients call arthritis often turns out to be something less serious.

Hip bursitis/tendinitis is an inflammation process that begins in the lateral or outer side of the upper thigh on the side of the hip. It affects the tissues not the inside ball and socket where arthritis occurs.

Painful Place

The source of hip bursitis/tendinitis pain is a fluid filled sac called a bursa. It acts as a little cushion between bones and tendons reducing friction during joint movement. When inflamed the bursa produces chronic aching pain (sometime acute) on the outer side of the hip. It is never in the front of the hip or the groin.

Some Causes of Bursitis

- Repeated physical activity
- Overuse of the joint
- Trauma to the side of the hip
- Hip arthritis
- Hip surgery
- Back trouble can cause it
- Prolonged car riding

Treatment

As in everything I treat, a correct diagnosis is essential. Something more serious can be present that could be missed. If bursitis is correctly diagnosed, these are the treatments.

- Exercise that you can be taught by me or a physical therapist

- Advil, Motrin and others
- Ice, heat to the side of the hip
- Avoid direct pressure on the bursa for a few days
- Physical therapy
- Steroid injection that I sometimes administer often gives rapid relief

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Thomas J. Haverbush, M.D.

Orthopaedic Clinic

I appreciate your support of the Orthopaedic Clinic at Lakeview Community Wellness Center. All the Orthopaedic problems I treat can be evaluated there.

Coming clinic dates are October 8 and October 22, 2010. Call 989-463-6092 for an appointment at the clinic or at the office in Alma.

Office Website and Lakeview Area News Archive

The office website www.orthopodsurgeon.com has been redesigned and is great. It also has the Archive of every past Lakeview Area News article from most recent back to the beginning. It is a tremendous collection of information. Please check it out.

Our goal is simple - To help people return to more pain free functional lives. I specialize in you.

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

Be well.

Dr. Haverbush