

## **Trochanteric Bursitis/Hip Contusion/Hip Pain**

**\*\*DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

*Patient can be progressed through phases of protocol more rapidly than time frames given, as tolerated.*

### **Phase I: 0 - 3 weeks**

#### **Goals for Phase I:**

1. Normal gait
  2. Swelling and pain control
- 
- A. Gait training: Use crutches only as needed if severe hip contusion present which effects gait
  - B. ROM/Flexibility: Work to restore normal flexibilities (hamstring, gluts, piriformis, ITB etc)
  - C. Strengthening: Hip flexion/abduction strengthening, glut strengthening, lumbar/abdominal stabilization; swiss ball activities.
  - D. Modalities: Use for pain, inflammation, swelling control, and muscle re-education as needed.

### **Phase II: 3 – 6 weeks**

#### **Goals for Phase II:**

1. Normal ROM
  2. Good strength
  3. Begin work/sports activities
- 
- A. ROM: Continue ROM/stretching as needed
  - B. Strength: More aggressive PRE's, weights, single leg activities etc.
  - C. Conditioning: Bike, treadmill, stairmaster.
  - D. Functional activities: sports/work related activities as tolerated. Build-up sprints may be used in chronic hip bursitis/tendonitis for distance runners to break chronic cycle of repetitive microtrauma
  - E. Modalities: Continue as needed

### **Phase III: 6 weeks to release**

#### **Goals for Phase III:**

1. Normal strength
  2. Return to work/sports
- 
- A. Continue strengthening/conditioning/functional activities as needed