EVALUATION AND TREATMENT OF A PATIENT WITH GREATER TROCHANTERIC PAIN SYNDROME: A CASE REPORT

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Compliance Statement
Patient signed a consent for indicating her approval to be used as a subject for this case report.

Study Design: A Case Report

Background: Questions in the literature exist about the validity of trochanteric bursitis as evidenced by lack of inflammatory reaction in the bursae. Instead, a diagnosis of greater trochanteric pain syndrome may be more accurate to describe pain in the lateral hip region. However, there is a lack of evidence for examination findings, treatments and outcomes for this patient population. The purpose of this case report was to describe physical therapy management for a patient that displayed the hallmark signs and symptoms of greater trochanteric pain syndrome and the manual therapy and therapeutic exercises that were part of her plan of care.

Case Description: A 68-year-old female was referred with a diagnosis of trochanteric bursitis. She experienced severe hip pain that increased with stair climbing and laying on her left side. She scored a 39.7% on the Hip Outcome Score and reported resting pain to be 4/10 on the Numeric Pain Rating Scale. The patient had pain with resisted strength testing, a positive Trendelenburg test and impaired balance. She received an individualized plan of manual therapy and therapeutic exercise.

Outcome: The patient was seen for five physical therapy visits. At discharge, she reported 0/10 pain at rest and no pain with any of her activities of daily living. Her final score on the Hip Outcome Score was 67.6%.

Discussion: This case report highlights a patient that showed the hallmark signs of greater trochanteric pain syndrome despite having the diagnosis of trochanteric bursitis. She experienced a successful outcome with the treatment of manual therapy and progressive resistance exercises.