

Gluteus Medius Tendinopathy

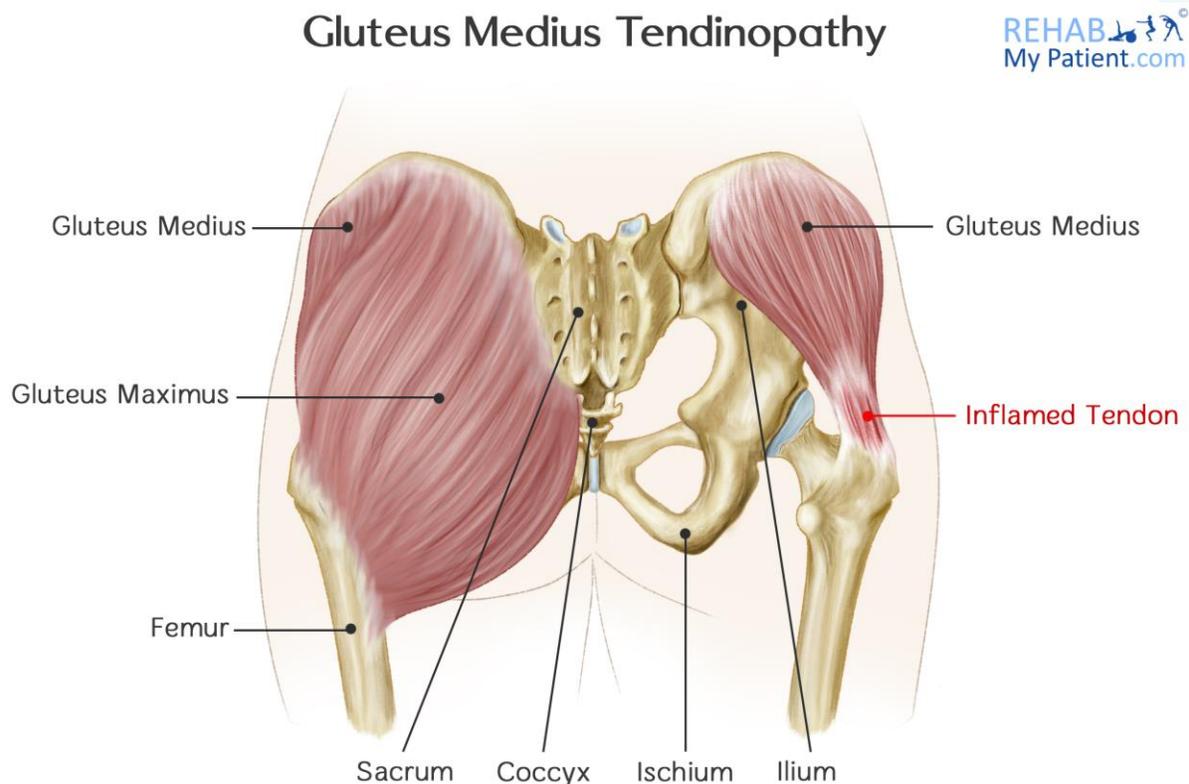
One cause of hip pain is inflammation of the gluteus tendon and the associated bursae. The gluteus medius is a hip muscle deep within the lateral aspect of the hip. If you put your hand on your buttock, it sits close to where your thumb lies (i.e. it is on the outer part of the buttock). It works to stabilize the hip and help control motion, especially when it comes to weight bearing.

Most cases of the condition are attributed to biomechanical abnormalities. If you tend to over-pronate (i.e. your foot drops inwards when you walk), you are more susceptible to injuries because of the knee falling inward, which increases the hip angle and puts more of a load onto the lateral hip muscles. Weakening the hip abductors has the same effect, especially that of the gluteus medius. Women tend to be more prone to this injury because of the increased angle between the knee and the hip, which increases the load on the gluteal area.

Gluteus medius problems also occur following total hip replacement. This is because the muscle is cut during the surgery (if the incision is lateral, rather than anterior). After recovering from a total hip replacement, the gluteus medius must heal, but it does suffer with inflammation for several weeks and it takes several months to regain full muscle control.

Gluteus Medius Tendinopathy Anatomy

The muscle is composed of two bursae, which are small sacks of fluid that are positioned between the tendon or a muscle and the bone. They act to help prevent any friction between the overlying soft tissues and the bone. Two main bursae are found in this area of the hip, which underlies the glute and the associated hip muscles along with their attachment to the greater trochanter, which is a bony bump along the side aspect of the hip. High running volumes can end up leading to repeated friction from any overlying tendons and muscles, which causes both the bursa and the tendons to become swollen, inflamed and painful.



How to Treat Gluteus Medius Tendinopathy:

1. Rest and Recover

If you notice that certain activities are causing an increased amount of pain, you need to stop engaging in them and take the time to rest and let the area recover.

2. Ice

Apply ice to the affected area for five to ten minutes at a time three to five times per day. The ice will help to alleviate swelling and inflammation in the area.

3. Medication

An anti-inflammatory medication can help to reduce pain and inflammation in the affected area. Depending on your degree of pain, the medication given will vary accordingly. A steroid injection accompanied by rest can help to settle down some of the more acute symptoms.

4. Manual Therapy

Soft tissue therapy can help to correct any imbalances in the muscles. When the muscles are strengthened, the chance of injury is less common to the site.

5. Orthotics

If you are struggling with poor foot biomechanics, you might benefit from using orthotics.

6. Massage

Massage is best done by a physical therapist, osteopath or sports massage therapist who can work deeply into the muscles while you lay relaxed. Another option would be to use a foam roller or a spikey ball. Your Rehab My Patient therapist will advise you on which exercises are best.

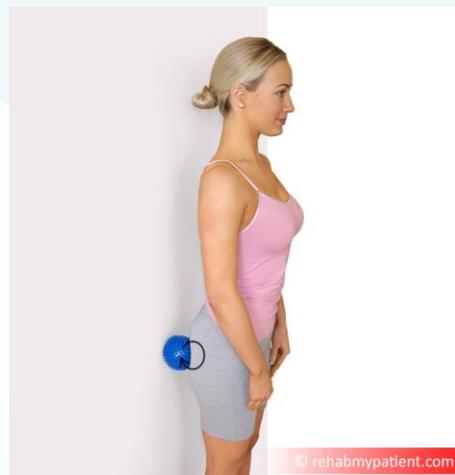
7. Surgery

When all other methods fail to treat the condition, surgery might be the only option to help correct the condition.

However, surgery is rarely performed for this condition so it would be unusual to have surgery.



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Tips:

- If pain worsens with activity, you need to cease engaging in that activity and allow the injured site time to heal properly.
- Pain tends to worsen when getting into and out of a car, climbing stairs and running.
- Most of the time, pain ends up slowly getting worse, especially during the night time hours.
- Pain might worsen when lying on the side where the hip hurts.
- Pain can end up radiating along the outside part of the thigh.