

GLUTEAL TENDINOPATHY



1. What is it?

Gluteal tendinopathy is thought to be the primary cause of lateral hip pain. Previously referred to as trochanteric bursitis.

2. Clinical symptoms

- Pain and tenderness to the lateral hip (greater trochanter)
- Pain may radiate down the lateral thigh
- Usually insidious onset
- Pain when lying on their side
- Pain with single leg loading tasks



3. Additional characteristics

- May be linked to a change in activity
- May occur acutely after a forced contraction of the abductors
- Most commonly seen in post-menopausal women

4. Risk factors

- Female sex over 40
- Up to 35% with low back pain
- High BMI
- Excessive hip ADDuction
- Coxa vara hip morphology



5. Clinical tests

- Localised tenderness on palpation
- FADER-R test (Flex-ADD-ER with isometric resisted IR)
- Single leg stand up to 30s = +ve if pain
- ADDuction with resisted isometric abduction = +ve if pain

