

GTPS

(Greater trochanteric pain syndrome)

Patient Information Sheet

What do I need to know?



What is my diagnosis?

GTPS is a common, painful condition affecting the outer side of the hip and thigh.

It occurs when the tissues in that area become irritated. Pain is caused by overloading the tendons and/or other soft tissues.

Frequent signs and symptoms

- Pain on outside of hip and thigh, sometimes radiating towards the knee
- Pain lying on the affected side
- Pain when walking or running
- Difficulty and pain going up and down stairs.

Causes of GTPS

- Excessive or frequent loads to the side of the hip joint
- Trauma, such as a fall to the outside of the hip
- Most commonly found in middle-aged women, but can affect anyone.

Risk of GTPS increases with

- Weakness of gluteal muscles and tendons
- Prolonged walking or running
- Being overweight.

How can it be treated?

- Ice packs over the affected area x 20 mins regularly
- Pain killers eg paracetamol and/or anti- inflammatories eg ibuprofen can help – *take as directed*
- Strengthening exercises – *see overleaf* (tissues can cope with load better if they are stronger)
- Corticosteroid injections can help reduce pain in severe cases to allow essential strengthening and are *never* in isolation.



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Edinburgh
Orthopaedics

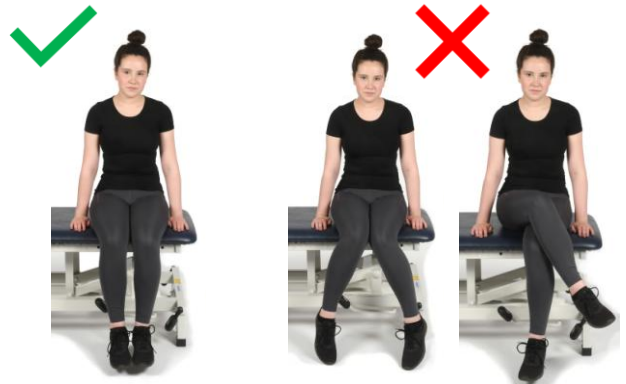
How can it be treated?

Strengthening exercises for the muscles around your hip including:



Preventative measures

- Sit straight on a chair
- Stand equally on both legs
- Lie on your back with a pillow under your knees
- Lie on your unaffected side with a pillow between your knees.



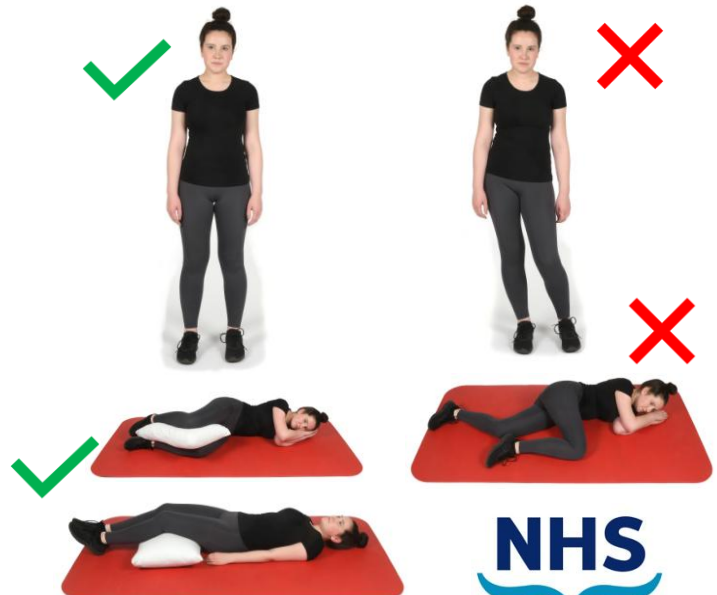
Physiotherapy

Physiotherapy can help with exercises, treatments and advice.

Edinburgh self referral– complete form
East Lothian self referral– telephone
Midlothian – referral from GP
West Lothian – referral from GP

Where To Find Us – Musculoskeletal
Physiotherapy ([nhsllothian.scot/](https://services.nhsllothian.scot/))

<https://services.nhsllothian.scot/musculoskeletal/where-to-find-us/>



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