

Greater Trochanteric Pain Syndrome (GTPS) key points

Information for patients



Scan this QR code to view this leaflet on this
Sirona website.

What is GTPS?

GTPS is a condition that causes pain on the outside of your hip. It occurs when the tendons and bursae around the greater trochanter (a part of the thigh bone) become injured.

Causes of GTPS:

- Direct trauma (e.g., falling on your side)
- Prolonged pressure on the hip (e.g., standing for long periods)
- Repetitive movements (e.g., walking, running)
- Starting new, strenuous exercise
- Hip instability
- Sports injuries

Symptoms of GTPS:

- Pain on the outside of the hip and thigh
- Tenderness to touch

- Pain worse when lying on the affected side or after weight-bearing activities
- Hip muscle weakness

Diagnosis:

A physical exam is usually enough to diagnose GTPS. However, imaging tests (like ultrasound or MRI) may be used for confirmation.

Treatment:

1. Pain Management:

- Rest and avoid activities that aggravate the pain.
- Over-the-counter pain relievers.
- Heat and gentle massage.
- **Injections:** Steroid injections may provide temporary relief, but they can weaken the tendon.

3. Physical Therapy:

- Restore normal movement and strength in the hip joint.
- Exercises to strengthen muscles and improve flexibility.
- Gradual return to activities.

Tips for Recovery:

- **Be patient:** Recovery can take weeks or months.
- **Listen to your body:** Avoid activities that cause pain.
- **Seek professional help:** If symptoms persist, consult a healthcare provider.

Additional Resources:

- **Versus Arthritis:** <https://versusarthritis.org/>

Let us know what you think and get involved

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: [Link to Sirona website](#)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

This document can be provided in other formats and languages, please contact us for more information.

Date of creation: 10/2024

Date for review: 10/2026

URN: 0717

Registered Office

Sirona care & health CIC,
Badminton Rd Office
2nd Floor, Badminton Rd
Yate
BS37 5AF

Company Number: 07585003



/SironaCIC



@SironaCIC



/SironaCIC



/sirona-care-&-health

