

Greater Trochanteric Pain Syndrome

Reference Number: ULHT-LFT-4077 v1

Issued: June 2025

Review Date: June 2027

What is GTPS?

GTPS is a term used to describe pain which originates on the outside of your hip, commonly over the area known as the greater trochanter. Pain occurs when tissues in this area of the hip become irritated.

The condition is self-limiting and the majority of people who suffer with GTPS fully recover with treatments such as pain relief, rest, physiotherapy and if required a corticosteroid injection.

How is GTPS diagnosed?

GTPS is diagnosed based on your symptoms, history and examination. Alternative diagnoses such as osteoarthritis, rheumatoid arthritis, infection, hernia or referred pain from the spine are excluded. Tests such as X-rays and scans are not usually required, as these rarely show issues with the structures involved in GTPS.

What are the symptoms of GTPS?

Pain on the outside of the hip, which may radiate down the thigh. This is usually made worse by laying on your side, walking uphill or upstairs, crossing your legs and recurrent bending.

What causes GTPS?

There are many different factors associated with GTPS. These include:

- Muscle weakness around the hip
- Overload of the muscles
- Being overweight
- Prolonged standing through one leg more than the other
- Sitting in low chairs
- Walking up hill
- Occasionally trauma
- Can also be secondary to other conditions such as osteoarthritis of the knee, rheumatoid arthritis, lower back pain and fibromyalgia

Advice to help with symptoms of GTPS

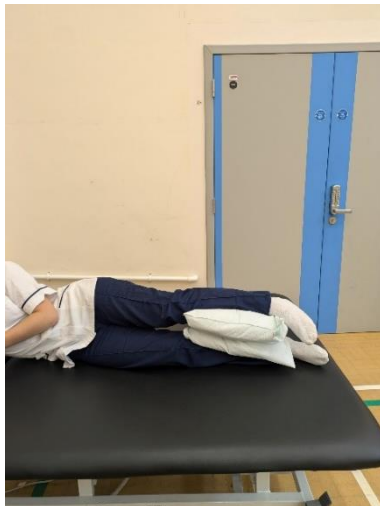
- Avoid sitting with your legs crossed
- Avoid laying on the affected side and sleep with a pillow between your knees

- Avoid standing with your weight shifted onto one leg
- Lose weight
- Avoid sitting in low chairs
- Try using hot or cold for pain relief, along with simple medicines such as paracetamol or ibuprofen

Exercises to help with symptoms of GTPS

Leg Lift Level 1

- Lie on your side with your affected hip on top (use a pillow between your legs for extra comfort). Raise your top leg up in the air and hold for 3 to 5 seconds as comfortable. Slowly lower and repeat 10 to 15 times as comfortable, for up to 3 sets



Leg Lift Level 2

- As this gets more comfortable you can remove the pillow, or progress to a standing leg lift and repeat the same number of repetitions as comfort allows



Hip Lift Level 1

- Lay on your back with your knees bent. Squeeze your buttock muscles and raise your hips towards the ceiling. Hold for 3 to 5 seconds as comfortable and slowly lower down to the bed. Repeat 10 to 15 times for up to 3 sets as comfortable



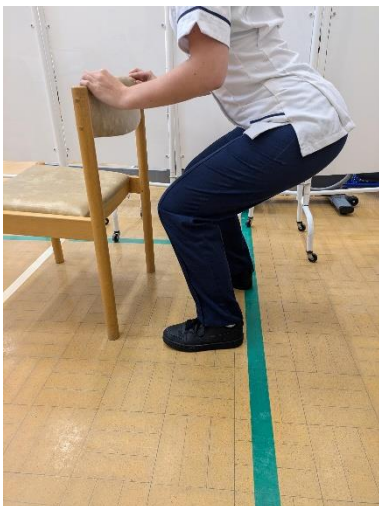
Hip Lift Level 2

- Once this feels more comfortable you can try and lift one leg straight as your hips are raised and repeat the same number of repetitions as comfort allows



Squats

- Use a chair as support as needed and keeping your feet hip width apart, slowly bend your knees to lower into a squat. Hold for 3 to 5 seconds as comfortable and slowly stand up again. Repeat 10 to 15 times for up to 3 sets as comfortable



If it doesn't improve

GTPS typically improves with exercises but in some cases, the condition can become chronic and may require more intensive intervention, so if your pain persists or increases with the exercises it is advisable to speak with your physiotherapist/GP/consultant.

Physiotherapy Departments

County Hospital Louth: 01507 631234

Grantham District Hospital: 01476 464253

Lincoln County Hospital: 01522 573945

Pilgrim Hospital Boston: 01205 445494

Johnson Community Hospital Spalding: 01775 652204

Skegness and District Hospital: 01754 613516

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