



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 and compressing 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
- Can occur after Total Hip Replacement surgery.

Risk of GTPS increases with

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

How can it be treated?

- Strengthening exercises – *see overleaf* (tissues can cope with load better if they are stronger)
- 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*
- Corticosteroid injections can help reduce pain in severe cases to allow essential strengthening and are *never* in isolation.



How can it be treated?

The most important treatment is 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
- Avoid crossing your legs over the midline
- Take smaller strides and a wider stance.



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/musculoskeletal/where-to-find-us/)

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There is rarely, if ever, a role for further investigations or surgery.

