



Carrie



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We hope this newsletter helps keep you up to date with the latest news in rehabilitation, injury prevention and health services provided by Glenelg Physio. This week we focus on **Greater Trochanteric Pain Syndrome (GTPS)**.

Condition in Focus

Greater Trochanteric Pain Syndrome GTPS

52 yo female presented reporting chronic Right lateral hip pain of insidious onset 3+ years ago. Patient reported increased pain on side lie, getting in/out of car, and performing stairs. Stated she was often very sore the day after being active, and as a result had reduced her exercise levels significantly. Objectively she displayed reduced single leg balance, and pain and weakness of the hip abductor and external rotator muscles on the Right. A **diagnosis** of GTPS was made.

Treatment included information around load tolerance, avoiding aggravating activities and strengthening around the hip region. A regime of home exercises was implemented, progressing from sitting to side lie then standing. At this stage resistance training has been introduced using theraband. After 3 weeks patient reports decreased pain with in/out of car and side lie. Has increased activity levels (walking, sport with kids) with nil major consequences. Anticipate full recovery of function and resolution of pain in a further 2-4 weeks.

We make it easy to refer.

Simply FAX referrals to:

08 7477 8907

Or request referral pads at
hello@glenelg.physio

NO GAP EPC Plans

Who to refer to Glenelg Physio:

- **Musculoskeletal issues**
- **Chronic conditions**
- **Sedentary lifestyle issues**
- **Obesity**
- **Diabetes**
- **Balance issues (falls prevention)**
- **Muscular deconditioning issues**
- **Postural issues**

We service compensable patients including:

DVA
Motor Vehicle Accident
Workcover

Some of the conditions we are treating in clinic

Hips - GTPS
Shoulders - Soft tissue strain
Necks - Cervical extension dysfunction
Knees - Patella femoral pain syndrome
Backs - Acute LBP