

Iliopsoas

Bursitis/Tendonitis

Patient Information Sheet

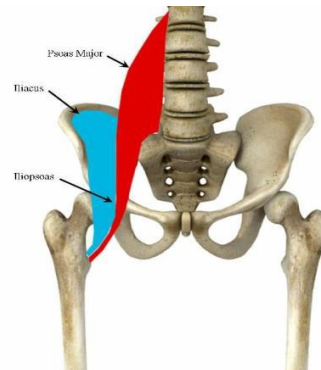
What do I need to know?

What is my diagnosis?

Iliopsoas muscle & tendon help bend the hip.

The iliopsoas bursa lie underneath the tendon at the front of the hip.

Both bursa and tendon can get inflamed causing pain.



Frequent signs and symptoms

- Pain in the groin with activities such as kicking or bending the hip
- Pain lifting the leg up eg getting into a car or climbing stairs
- Popping or snapping sensations at the front of the hip, often without pain.

Causes of Iliopsoas bursitis or tendonitis

- May occur without injury
- Sudden increase in activity of lower limb
- Repetitive motion
- Irritation from rubbing over the socket of a hip joint replacement.

Risk of iliopsoas bursitis and tendonitis increases with

- Weakness of hip muscles
- Tightness and lack of flexibility especially of hip muscles
- Prolonged walking or running
- Large sized socket in hip replacement
- Overly aggressive rehab following hip arthroscopy
- Inadequate warm up prior to exercise/sports
- Previous injury to the hip.

How can it be treated?

- Ice packs x 20 mins regularly
- Stretching and strengthening exercises – *see overleaf*
- Pain relief – eg paracetamol or anti-inflammatories eg ibuprofen – *use as directed*
- Corticosteroid injection – can be helpful if pain is preventing rehab
- Surgery – rarely considered, only after at least 6 months of conservative treatment.



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What do I need to know?

Stretching exercises – hold each stretch for 20-30 secs



Strengthening exercises – aim for 3x10 reps



Push
down on
knee
whilst
trying to
lift up



Preventative measures

- Warm up and stretching prior to exercise
- Adequate rest and recovery
- Strengthening and stretching of iliopsoas muscle
- General conditioning –core strength, flexibility and endurance
- Good technique for sports.

Physiotherapy

Physiotherapy can help with exercises, advice and treatments

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/>