

## Trochanteric Bursectomy

Individual patient circumstances may affect the guideline  
(tear configuration, fixation used, associated procedures, etc.)

Goals	Precautions/Restrictions	Treatment
<ul style="list-style-type: none"> <li>• Protect surgical site</li> <li>• Reduce muscle atrophy</li> <li>• Reduce swelling</li> <li>• Decrease pain and inflammation</li> <li>• Restore ROM</li> <li>• Normalize gait</li> <li>• Restore strength</li> <li>• <u>Criteria for return to full activity:</u> <ul style="list-style-type: none"> <li>○ Full ROM</li> <li>○ Hip strength &gt; 85% limb symmetry</li> <li>○ Perform sport or job specific activities at full speed without pain</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• ROM: as tolerated</li> <li>• WBAT immediately post-op</li> <li>• Crutches as needed for comfort only</li> <li>• Progress running/plyometric activity</li> <li>• Monitor joint pain with increase load and adjust accordingly</li> </ul>	<ul style="list-style-type: none"> <li>• PRICE               <ul style="list-style-type: none"> <li>○ Cryotherapy</li> </ul> </li> <li>• Gait training</li> <li>• BFR; if applicable</li> <li>• Global LE strengthening               <ul style="list-style-type: none"> <li>○ Isometrics -&gt; isotonics</li> </ul> </li> <li>• Increase loading capacity for LE strengthening exercises</li> <li>• Progress Double limb -&gt; single limb proprioception exercises</li> <li>• Aerobic training: elliptical, stairmaster, swimming</li> <li>• Running program, if applicable</li> </ul>

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.