

Iliopsoas Bursitis

Iliopsoas bursitis is an inflammation of the iliopsoas bursa lying between the iliopsoas muscle and the front portion of the hip joint. It helps to reduce friction and rubbing between the soft tissues and the bones meeting at the hip joint capsule. It is often mistaken as hip joint arthritis, iliopsoas tendinitis or a hip flexor muscle strain. It can end up becoming inflamed from trauma or overuse, which results in an imbalance or muscle tightness.

So what exactly is a bursa? It's a fluid filled sac that acts as a cushion. And bursitis is simply an inflamed bursa.

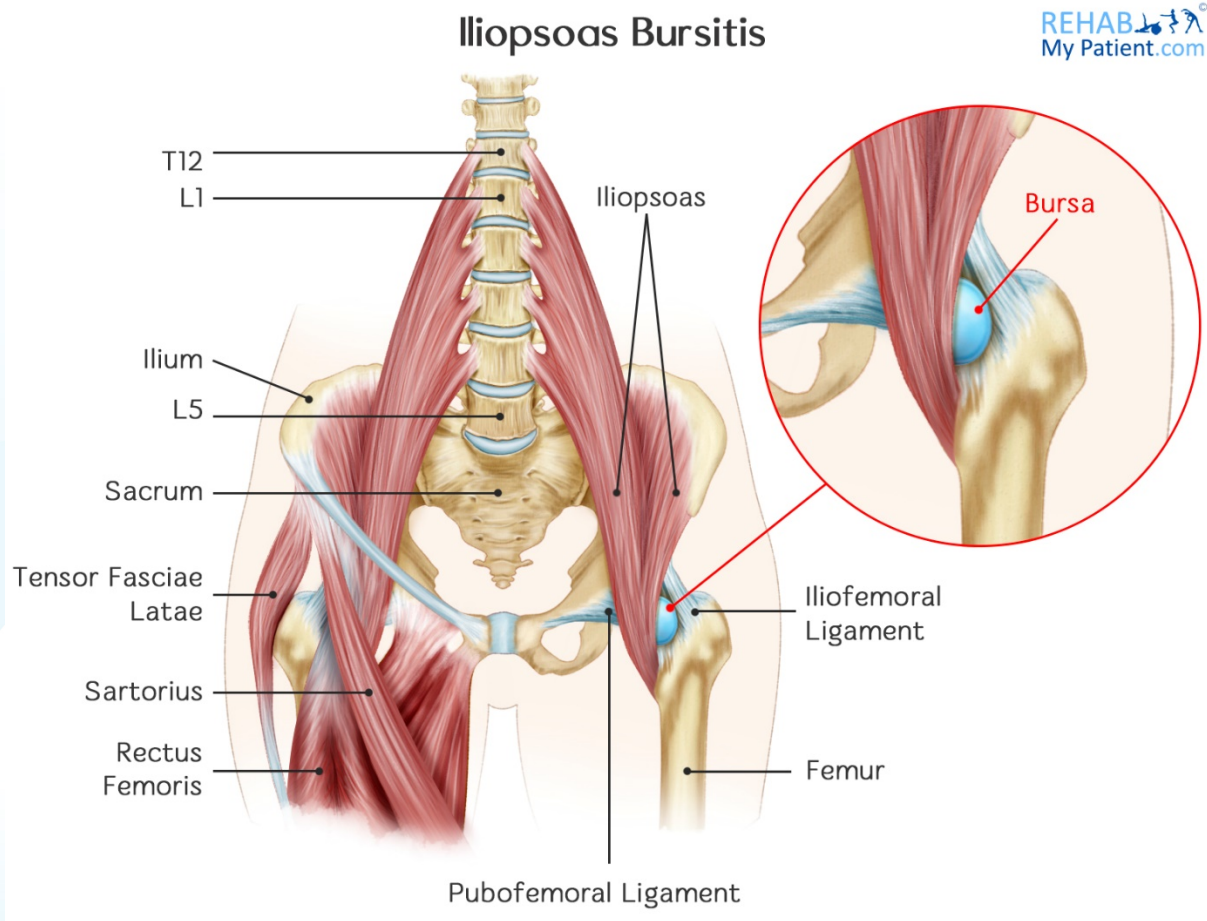
The condition is often caused by a few distinct factors, such as:

- Recreational injuries requiring repeated hip flexing, such as soccer, martial arts, jumping hurdles and ballet
- Osteoarthritis or rheumatoid arthritis
- Infection of the bursa

Iliopsoas bursitis is not particularly common. However, it is best diagnosed on MRI scan of the pelvis or hip.

Iliopsoas Bursitis Anatomy

The hip flexors are amongst the most powerful of all muscles and tendons within the body. They are made of your iliopsoas, which are the deep set muscles located at the front part of the hip, the tensor fasciae, which are the outer muscles in the hip and the Sartorius and the rectus femoris, which both lie atop the iliopsoas muscles along the upper, front part of the thigh area.



Hip flexors work to aid in lifting the upper leg to the torso or flexing the torso toward the thigh, such as when you are going to sit up from lying down. They rotate the thigh bone and spine externally, as well as limit the hip extension whenever running or walking.

How to Treat Iliopsoas Bursitis:

1. Ice

Apply ice to the injured area for 5-10 minutes at a time three to five times per day. Avoid applying ice directly onto the skin or you could end up with an ice burn.



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2. Modified Activities

When you find that certain activities are aggravating the injured site, take some time and rest. Avoiding activities that make the problem worse is the best thing you can do.

3. Anti-Inflammatory Medication

Using an anti-inflammatory medication will help to alleviate any swelling and pain associated with the bursitis. Only use the medication for a limited time period and under the direct supervision of your provider.

4. Physical Therapy

By going to physical therapy, you will be provided with instructions on how you can stretch the rotator and hip flexor muscles. Stretching and strengthening the muscles helps to minimize the risk of injury occurring. Your therapist might also use acupuncture or ultrasound to reduce the inflammation in the bursa.

5. Corticosteroid Injections

This injection into the bursa often provides you with long-lasting relief when combined with changes in your lifestyle. If you still experience inflammation and pain, you might need to consider having another injection.

Tips:

- Exercise on a regular basis to help maintain your flexibility and strength in the hip muscles.
- Avoid any behaviors and activities inflaming the bursa to help prevent the condition from occurring in the first place.
- Avoid any repetitive activities that place an undue amount of stress on the hips.
- Females appear to be more prone to these injuries than their male counterparts are.
- These injuries aren't very common and tend to be poorly recognized as a cause of groin and hip pain.