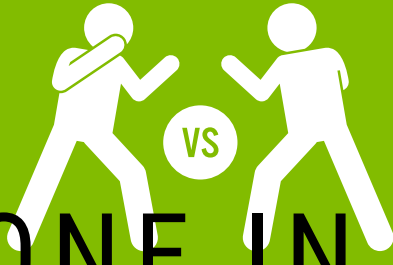


DRY NEEDLING



CORTISONE INJECTION IN GREATER TROCHANTERIC PAIN SYNDROME

WHAT IS

"GREATER TROCHANTERIC PAIN SYNDROME"?

- AKA "GTPS" or greater trochanteric or subgluteal bursitis
- Symptoms include: chronic, intermittent pain and the lateral aspect of the hip is tender to palpate



TREATMENT GROUPS

DRY NEEDLE TREATMENT

- 3-7 treatments over 6 weeks
- Needles placed as needed over the lateral glute, adductor region, and lower lumbar area
- 5-7 minute retention

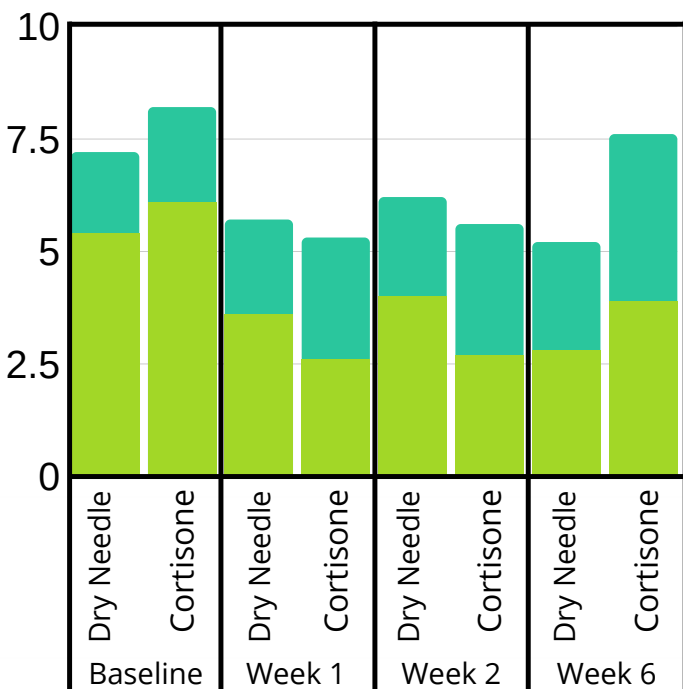
CORTISONE INJECTION

- 1 treatment
- Coverage area was ~3-4 cm

CHANGES OVER TIME

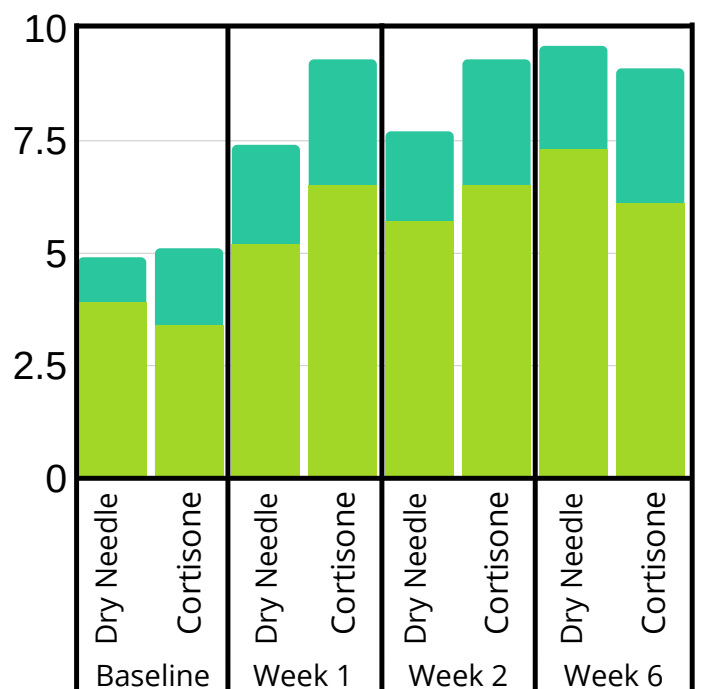
■ Mean ■ Standard Deviation

PAIN SCALE



Scale 0-10: 0 is no pain

PATIENT-SPECIFIC FUNCTION



Scale 0-10: 10 is able to perform a task of the patient's choosing at or above the same level before injury and 0 is unable to perform the chosen task.

TAKE HOME POINTS

There were no differences in self-reported pain or self-reported patient-specific function between dry needle treatment and cortisone injection for patients with greater trochanteric pain syndrome.



STRUCTURE & FUNCTION

www.structureandfunction.net



@sfdryneedling



@structureandfunction



@sfdryneedling



Scan the QR code for more information or click here.

Brennan 2017

Journal of Orthopaedic & Sports Physical Therapy

Scan me