DRY NEEDLING VS CORTISONE INJECTION

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

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.

Scan the QR code for more information or click here.
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