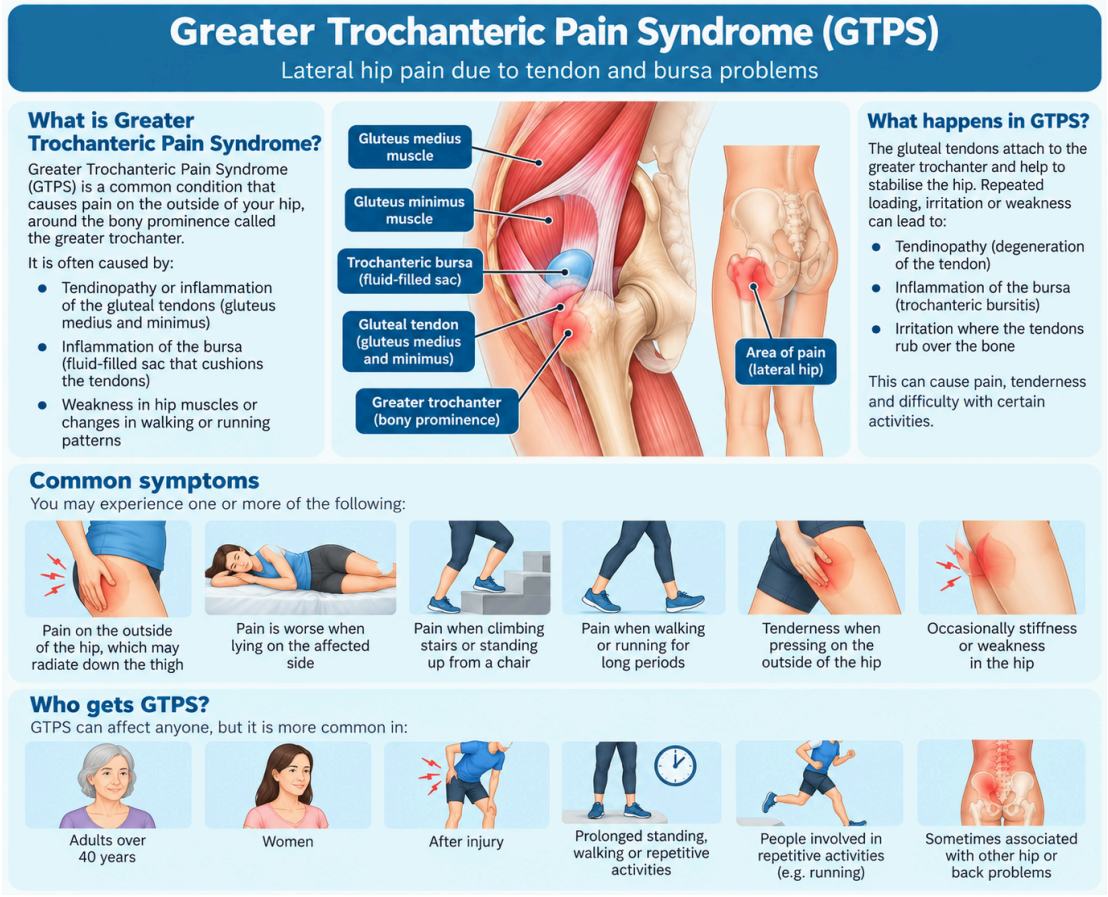
Greater Trochanteric Pain Syndrome (GTPS)

Understanding outer hip pain, symptoms and management

Greater Trochanteric Pain Syndrome (GTPS)



What is GTPS?

GTPS causes pain on the outside of the hip, around the bony prominence called the greater trochanter. It is often linked to gluteal tendon problems, irritation of the bursa, or weakness and changes in movement patterns.

Who gets it?

GTPS is more common in adults over 40 and in women. It may follow injury, prolonged standing or walking, repetitive activity, or coexist with other hip or back problems.

Symptoms and diagnosis

Recognising GTPS and understanding how it is assessed

Common symptoms

Pain on the outside of the hip that may spread down the thigh; tenderness when pressing the outer hip; occasional stiffness or weakness.

What makes symptoms worse?

Lying on the affected side; climbing stairs; standing up from a chair; and walking or running for long periods.

Possible contributing factors

Gluteal tendon irritation or tendinopathy, inflammation of the bursa, weakness in hip muscles, or changes in walking and running patterns.

How is GTPS diagnosed?

A GP, physiotherapist or orthopaedic specialist usually makes the diagnosis through a clinical examination. Ultrasound or MRI may sometimes be used.

Key message

Most cases improve with conservative management, including adjusting activities and a tailored physiotherapy programme.

Exercise examples

Hip mobility and strengthening with physiotherapy guidance



Exercise safely

Exercises should be selected for your symptoms and progressed gradually. Ask your physiotherapist which movements are suitable. Avoid pushing through worsening pain.

Treatment and when to seek help

Practical management, recovery and important warning signs

Activity modification

Avoid lying on the painful hip for long periods and prolonged standing that aggravates symptoms. Sleep on the opposite side or use a pillow between your knees.

Pain relief

Ice or cold packs for 10–15 minutes several times daily may help. Ask your GP or pharmacist about appropriate pain relief or anti-inflammatory medication.

Physiotherapy and other options

Strengthening the hip muscles, especially gluteus medius, and improving walking technique may help. For persistent symptoms, clinicians may discuss injections, shockwave therapy or other options.

Self-management and outlook

Avoid crossing your legs when sitting, increase activity gradually and wear comfortable footwear. Many people improve with physiotherapy and lifestyle changes over weeks to months; surgery is rarely needed.

When to seek medical advice

Seek urgent medical advice for sudden worsening pain, leg numbness, tingling or weakness, or swelling, redness or warmth around the hip.

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