

Trochanteric Bursitis Rehabilitation Protocol

LAURA MATSEN KO, MD

Adult Reconstruction Surgeon OPA Orthopedics Seattle, WA

Precautions: None

Treatment Plan: Evaluate and Treat, progress as tolerated

Recommended Treatment:

• ITB stretching

• Deep tissue massage

Strengthening

Modalities PRN

• Home Exercise Program

Frequency: 2 times per week for 6 Weeks (12 Total Visits)

