

TROCHANTERIC BURSTITIS



Leukotape K is an extremely versatile tape which is widely used by physiotherapists in clinical situations. In this case, strapping is used as part of the treatment of Trochanteric Bursitis. This space correction technique lifts the skin and fascia. This is turn:

- Takes pressure off the bursa
- Improves lymphatic drainage
- Increases the blood supply and improves nutrition etc.
- Thus relieves pain

The symptoms of Trochanteric Bursitis are pain over the area especially if the patient lies on that side. The pain may refer right down the lateral side of the leg. In this case, when fascia rests it becomes stiff, thus there is a history of pain on standing after having sat for some time.

The area is extremely tender on palpation. Physiotherapy treatment consists of advice, stretches of the tensor fascia lata, ultrasound and any other anti-inflammatory modalities, ice, dry needling and Leukotape K. Massage over the bursa is not advised.

The application of the STAR technique is as follows:

1. Measure four pieces of tape – see photograph.
2. Because, when applied, the middle third of each tape is on a 100% stretch, the

- tape must be cut approximately a quarter shorter.
3. Curve all four corners.
 4. Split the centre of paper backing.
 5. Hold both ends of one of the tapes plus the paper backing and stretch the centre of the tape 100%.
 6. Place the stretched area over the bursa.
 7. Remove the paper backing and place both ends of the tape on the skin with no stretch at all.
 8. Rub the tape from the centre outwards to stimulate the glue.
 9. Repeat tape 2 at right angles. Stimulate the glue.
 10. Place the final two tapes on top-see photographs and stimulate the glue.
 11. Advise the patient that the tape is waterproof and must be patted dry.
 12. The tape can remain on the skin for one week, however the tape is removed in order to repeat treatment and is then re-applied.

Please forward any queries or comments with respect to injuries, techniques or Leuko products to askleuko@bsnmedical.com for advice from the Leuko Strapping Panel, who are members of the South African Society of Physiotherapy. Selected questions will be loaded onto the BSN Medical website www.bsnmedical.co.za for reference purposes.

Refer to the Leuko Strapping Guide for basic guidelines.

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