

Musculoskeletal Research Facilitation Group (CAT Group)
Critically appraised topic and clinical bottom line
October 2016

Specific Question:

Would repeat steroid injections be more beneficial than physiotherapy targeted exercise for trochanteric bursitis/trochanteric pain syndrome (TPS) in older females giving pain relief for over six months duration?

Clinical bottom line

The search revealed no evidence to answer this question or inform a change in practice. Further research is required.

In the absence of evidence management for each patient is on a case by case basis

Why is this important?

Corticosteroid injections are commonly used in the management of trochanteric bursitis/ trochanteric pain syndrome. Often repeat injections are given. Other treatments include physiotherapy including strengthening and stretching exercises. It is unclear if repeat injections are more beneficial than physiotherapy for improving pain which is of more than six months duration.

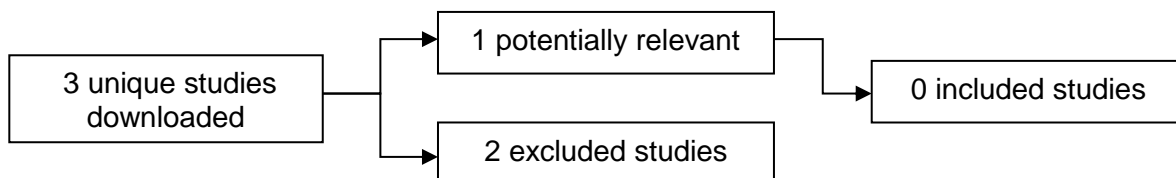
Inclusion criteria

	Description	Search terms
Population and Setting	Patient (aged 50 or older) with a diagnosis of trochanteric bursitis/TPS who has had at least one previous soft tissue corticosteroid injections	Greater trochanteric pain syndrome, bursitis, tendonopathy, tendonitis, tendonosis, TPS
Intervention or Exposure (ie what is being tested)	Repeat / multiple injection with a corticosteroid	
Comparison, if any	Physiotherapy exercise program – strengthening exercises and stretches	Physical therapist, physical therapy, exercise therapy
Outcomes of interest	Pain relief for over six months duration Long term pain relief	
Types of studies	RCTs and SRs	

Routine Databases Searched

Clinical Knowledge Summaries, PEDro, BMJ Updates, Clinical Evidence, TRIP, Database, NICE, HTA, Bandolier, The Cochrane Library, Medline, Cinahl, Embase, PsycInfo, Professional websites. Joanna Briggs Institute, Web of science, Sports discus and Pub med

Results



Summary

This CAT did not find any published RCTs or Systematic Reviews to answer this question

Implications for Practice/research

Further research is needed to understand whether repeat steroid injections would be more beneficial than physiotherapy targeted exercises in providing pain relief for over six month duration in older females. Local audits of clinical outcomes are recommended.

What would you tweet? (140 characters)

Are repeat injections better than exercise for trochanteric bursitis/TPS in older females? No evidence found and more research is needed