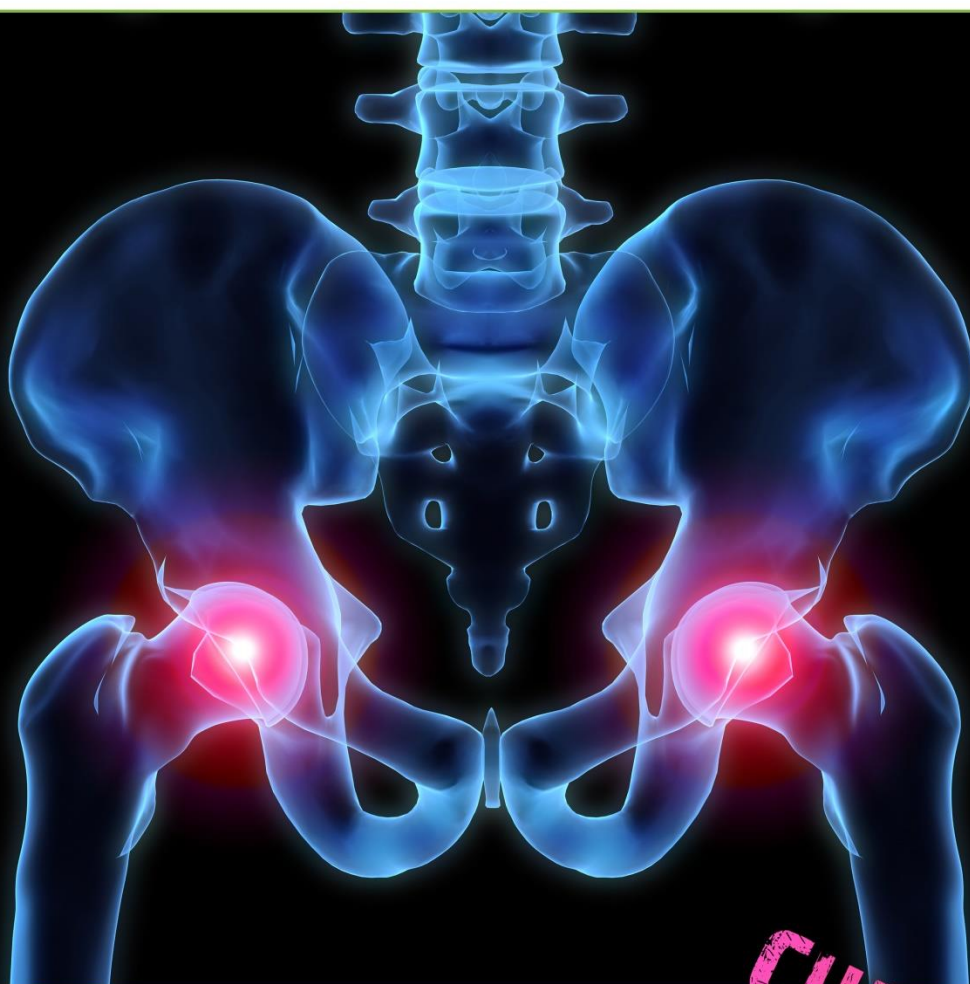




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# HOW TO DEAL WITH **HIP BURSTITIS**

**CHRONIC**

An ExerciseForInjuries.com Publication

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Kaselj, Rick

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Suite #2289 - 3151 Lakeshore Rd  
Kelowna, BC V1W 3S9  
Canada

E-mail: [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com)

Webpage: [ExercisesForInjuries.com](http://ExercisesForInjuries.com)

Help Center: [ExercisesForInjuries.com/Help](http://ExercisesForInjuries.com/Help)

Phone: (888) 291-2430 (toll free in the USA and Canada)

SMS #: 1-888 229-4992

## Disclaimer

*How to Deal with Chronic Hip Bursitis* is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you might have a health problem, please seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

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## Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

### Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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Please let me know what you think of this book. Visit [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com) or e-mail me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com). Your feedback and ideas will help with the content of future editions and books.



## How to Deal with Chronic Hip Bursitis

A member of the EFI community recently asked one of our experts about Hip Bursitis. If you've been struggling with pain and stiffness as well... read on to learn more about how to resolve the issue.



**Question:** Do you have any suggestions on how to deal with chronic hip bursitis? I have had issues with my left hip and a tight lower back for the past year. I have recently had a cortisone injection (into my hip) and I'm not sure what to do next.

**Answer:** In addition to what you are currently doing, you may also want to practice proper posture at all times, whether you are sitting, standing up, exercising or sleeping, as this can help take away extra pressure on your

weight-bearing joints such as your hips, spine and neck.

Sitting in unnatural positions, which frequently occurs in modern chairs, can place the pelvis in a stressful position, causing pain. If you are standing up for a prolonged period of time, it is helpful to take time to rest and/or move around.

### What is Chronic Hip Bursitis?

Hip bursitis is a condition characterized by pain and discomfort as a result of the inflammation of the bursa, and can affect both the shoulder, knee, and hip where 3-dimensional movement of the joint poses an increased injury risk. The term 'hip bursitis' covers pain and inflammation around the bursae of the hip: this includes the specific bursitis type trochanteric, Ischial, gluteal, and iliopsoas. Hip bursitis is incredibly uncomfortable and frustrating because the hips are almost always loaded, with both walking and sitting loading the connective





tissues. The posture of the hips during the day will play a large role in the development or prevention of bursitis. In this article, we're going to take you through hip bursitis and how you can improve some of the contributing factors, without medical intervention.

## The Contributing Factors for Bursitis

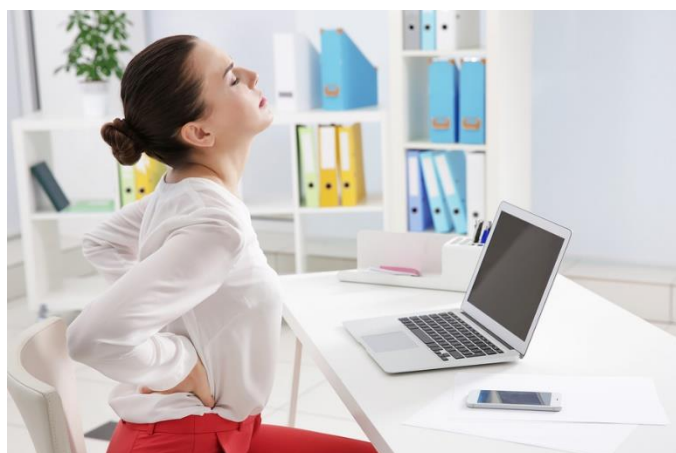
Joint balance, and the muscular demands that give rise to it, are a huge part of the development of bursitis. The insertion of the femur into the hip is influenced by the muscles that attach to both, and the relationship between the two is key to causing or reducing bursitis. Excessive tightness on one side of the joint can cause friction between the ball of the femur and the bursa of the hip, which contributes to a pattern of pain that heals and returns.

Excessive joint pressure is another risk of poor/unbalanced musculature around the hip joint. The hips are considered to be the powerhouse of the body and attach to some of the largest muscles in the body, such as the glutes and quads.

The acetabulum houses several bursae, all of which are susceptible to the onset of bursitis if sufficient care isn't taken to balance out the muscular demands. However, there are a number of other contributing factors: arthritis, gout, infection, or even obesity can contribute to damage to the acetabulum and bursae. Be sure to consult your medical professional to ensure that you are not suffering from bursitis as a result of one of these pre-conditions.

Posture affects both of these issues, either directly or indirectly. Posture is a direct contributor to, and result of, poor muscular balance around the joint. Additionally, posture can contribute to the development of serious conditions such as arthritis which can, in turn, result in bursitis. With the amount of time spent sitting (simply add up the minutes you spend driving, sitting at a desk, or on the couch!), there is a lot of pressure put through the hip, and we often put it into poor posture. This contributes to poor hip posture and can exaggerate the risk of inflaming the bursa.

## Practical Guidelines for Dealing with Bursitis



Posture is not only one of the causes of chronic, remitting bursitis, but also one of the best ways to alleviate the issue and ensure that you're giving your body every opportunity to heal and become well once more. Bad posture increases the risk of bursitis, but good posture will offset this risk.

Sitting posture is one of the largest contributors to the development of hip tightness, pain and bursitis among busy professionals. If you're struggling to fix your hip pain, there is a good chance that your

seating posture is the reason why: if you're spending 6+ hours in a compromised position every day, you're going to experience negative health effects. Try to keep the hips open and

the lumbar spine straight whilst sitting, but remember that sitting for extended periods of time is still likely to contribute to poor hip and spine health.

If you've been sitting too long, standing is the next step to relieving your hips and reducing the stress that contributes to recurring bursitis. Simply standing up, or walking around (even better!), can decompress the hip joint and return the joint to mobility and health. Don't forget that when you sit down, you're taking the weight off the muscles and placing it on the bones and connective tissues, compressing the spine and the hip joints.

The best thing to do is punctuate your sitting or static standing with brief walks. This is key when you're in the office, for example, and spend a long time in a compromising position: try setting regular alarms that force you to get up and move (even if only to the water cooler) or make it a habit to take a short stroll every time you achieve a small goal or task.

## Fixing the Structural Issues

The two major tools available for improving the condition of bursitis – at least those forms of bursitis caused by muscular imbalance – are exercise and stretching/mobility. The tightness and tone of muscles around a joint are a huge factor in the positioning and health of the joint, which in turn determines your risk of developing and re-developing bursitis. There's no real benefit to controlling the pain and other symptoms, such as through a cortisone shot, if you're not taking steps to reduce the overall problem and prevent future incidences.

Consistent stretching is an amazing tool for self-treatment of a number of the symptoms and causes of hip bursitis. Tightness through the groin or buttocks can be a serious issue but can be resolved in the long-term by relaxing the muscles through intentional stretching. Tightness through the gluteus medius is the most common cause of bursitis, whilst other muscles like the quadriceps, iliopsoas, and adductors can contribute to poor hip positioning. The best approach to dealing with stretching for bursitis is to stretch all the muscles affecting the hips, whilst performing functional exercises to return it to a healthy position.



Stretching is particularly important in relation to the muscles of the buttocks, as these play a huge role in the onset of tightness in the region and can directly contribute to bursitis. Excessive tightness through the gluteal muscles will not only directly increase pressure on the deep trochanteric bursa (and others), but can increase the odds of developing a tight Ilio-Tibial band, which can cause friction against the bursa or place the hip in a compromised, or compensated, position.

## How Strengthening Exercises Can Improve Your Hip Health



Once you have reduced excessive tightness, strengthening exercises play a key role in the development of proper joint balance, as well as gait. If you can improve the musculature support and balance around the joint, this will improve the “passive” alignment of the joint, whereas improved gait (or “walking posture”) is a great way to alter the amount of pressure placed through the hip in everyday life. It is common for weaknesses of the gluteus maximus (buttocks) or adductors (groin), and weakness in the antagonist, to put the hip joint into compromising positions that increase walking impact and the chance of developing impingement or bursitis.

Exercise is also a great choice for combatting the kind of bursitis that develops with advanced age: as the body ages, the risk of muscular weakness and developing arthritis (through degeneration) increase. Adding muscle mass around a joint provides a wealth of benefits by stabilizing the joint, acting as a shock absorber against impact, increasing bone density, adjusting joint balance, and improving nutrient delivery.

### **Why Core Exercise is a Great Way to Combat Bursitis**

Performing core exercises can reduce the strain placed through muscles and connective structures in the hips. When the core is too weak, other muscles around the hips tend to “pick up the slack”, compensating for this instability. This can cause excessive tightness and tone in muscles like the gluteus medius, which presses on the deep trochanteric bursa – the main site for bursitis.

### **Closing Remarks**

A self-medication approach will include a system of exercises, stretches and postural adjustments that aim to solve the causes of lower back pain, while many clinical or medical interventions aim at a “band-aid” approach that patches over symptoms for the short-term. If you’re looking to address the causes of back pain without medication or band-aid solutions, we recommend the complete approach to solving back pain naturally.

**BEST GLUTEUS MEDIUS EXERCISES**

Get FAST Reduction and Elimination of Hip and Lower Back Pain

**NEW DISCOVERY PROVES** that anyone can decrease, or even eliminate hip and lower back pain **IN JUST 7 DAYS...** by unlocking their “Survival Hip Muscle”

[Click Here to Learn MORE](#)

## About Exercises For Injuries

### **Exercises For Injuries – Your Trusted Resource for Pain-Free Living**

*Recognized as a global leader in injury prevention and recovery since 2008!*

At Exercises For Injuries (EFI) we recognize that traditional exercise and treatment programs often do NOT produce the results that people are looking for. We believe that understanding the cause of injuries and painful conditions can help heal and prevent them. Therefore, our programs are based on years of research, study, creativity, and hands-on testing. Our methods successfully determine what really works to heal injuries and eliminate pain, *without expensive appointments, addictive prescriptions, or risk-laden surgery*.

Often recognized as the ‘Trainer to the Trainers’ and the ‘Expert to the Experts’, company founder, Rick Kaselj, has been featured in major publications such as Livestrong.com, Men’s Health Magazine, San Francisco Chronicle, Canada.com, Iron Man Magazine, Men’s Journal Magazine, and has delivered presentations and seminars to *more than 6,000 health and fitness professionals across North America*. As an internationally renowned injury and pain expert, Kinesiologist, author and public speaker, Rick has made it his personal mission to make his ground-breaking programs available to as many people as possible, so they can return to pain-free lives.

Today, the EFI team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, pain-free lives by addressing all areas of health, fitness, and personal wellbeing.

**Access our vast FREE library of health-promoting recipes, pain-relief resources and injury recovery information, online at: [ExercisesForInjuries.com](http://ExercisesForInjuries.com)**

## About Rick Kaselj

**Hi, I'm Rick Kaselj.** I create exercise programs that help people heal injuries, eliminate pain, lose weight, increase energy and more... so they can go back to living a full, active, healthy life.

### Here are a few relevant facts about me:

- I've been a Kinesiologist and pain and injury specialist since 1994.
- I spent 6 years at university studying Kinesiology, Corrective Exercise and Therapeutic Exercise, and got my Master's Degree in Exercise Science.
- I have over 20+ years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I have conducted thousands of personal training sessions.
- I have reviewed and carefully scrutinized hundreds of scientific and medical research papers and studies.
- I'm also an author and speaker, and I've given over 260 presentations to more than 6,000 fitness professionals across Canada and the USA.



### **I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN**

**I'm all about finding what works...** and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... does not work!

**Some of the most effective methods** I've discovered for eliminating pain and healing injuries are *counterintuitive* - they required extensive research, testing, and *creativity* to discover.

**People get the best results** when they follow a program that's been *properly designed*. The best programs include only the exercises that are necessary, instructions on how to perform them properly, the proper order in which to perform them, and instructions on what the right amount of rest is, and when to take it.

## What My Clients and Customers Say:

"Your exercises have changed my life. I have been in constant pain for 15 years."

-- **Shelley Watson, Carmel, CA**

"I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah!! Thanks so much for a simple answer to a problem I have been dealing with for months."

-- **Tracy Walker, North Carolina**

"Before I used the information, I couldn't walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention."

-- **Cher Anderson, Athens, TN**

"Thank you Rick, you saved my career!"

-- **Marco Mura, Professional Forester, Sardegna, Italy**

"I thought I would just have to retire due to foot pain, but now my pain is gone with your program. It has helped me a lot. Thank you, Rick!"

-- **Audal Acosta**

"I noticed a difference by the second morning. I was able to get up out of bed without the immediate pain and stiffness I am used to experiencing in the morning. I am now able to walk 1.5 miles without pain during or after my walk. That is exciting! I was in constant pain before I started the program and now I am able to take walks with my husband, pain-free."

-- **Jennifer Dixon, Payroll Supervisor, CPP, Wenatchee, WA**

"I have suffered with Plantar Fasciitis for over a year, with no relief, no matter what I tried. One week into your program and I'm able to do exercises that I have been unable to perform for some time now."

-- **Dave Elder, CFT, Infinite Fitness, Ft. Wayne, IN**

"The best thing about the program is that it starts to work quickly. I have already started to notice improvement. My heel says, 'Thank You, Rick!'"

-- **Sue, Former Fitness Instructor**

## Free DVD Offer

**I HAVE A FREE GIFT FOR YOU... *THAT WILL START DECREASING YOUR PAIN NOW!***

I want to send you some of my very best *pain-hacking techniques* FOR FREE!

It's a DVD called "The Pain Hacker" and I **want you to have it for free.**

On the DVD, you'll find an extensive collection of 90-second pain fixes, which are exactly what they sound like - techniques you can do in just 90 seconds that can start reducing your pain almost immediately! In the video, I go through each technique slowly and carefully to show you exactly how to do them. Here's what you can look forward to...

- "The Pain Hacker" DVD contains 90-second fixes for shoulder pain, back pain, knee pain, elbow pain, foot pain, neck pain, wrist pain, hip pain, hand pain, and more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age.
- **TWO SURPRISE BONUSES!** With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.



***We have limited supplies right now...*** so get your FREE copy of "The Pain Hacker" DVD before we run out. Go here to get yours now:

**[ThePainHacker.com/Free-DVD-2](http://ThePainHacker.com/Free-DVD-2)**

## Our TOP 5 Best Selling Exercise Programs

### #1: Strong & Stable Stability Ball Workout

Have some stubborn pounds that are IMPOSSIBLE to lose?

Using a stability ball is SCIENTIFICALLY PROVEN to increase the effectiveness of your exercise routine. One study showed that just adding a stability ball to your workouts can increase your exercise results by 247%! All WITHOUT adding any extra time, and WITHOUT

increasing the intensity or difficulty of your workouts. Another study proved that adding this item to your exercise is safe and easy... even for seniors over the age of 78.



- This program only takes 12 minutes a day!
- Specifically designed for women and men between the ages of 45 and 85
- This entire program is easy, safe, gentle, and it's ACTUALLY FUN too!

**Visit:** [ExercisesForInjuries.com/Shop](http://ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Strong & Stable Stability Ball Workout.**



## #2: Low Impact - High Results Workout

If you're in your 40s, 50s, or 60s and you'd like to trim some fat. This program can help you lose 12 pounds in 21 days! These new, gentle, yoga-based movements can help you lose weight fast, without heavy weights, grueling workouts, or endless cardio. These low-impact movements also help reduce muscle soreness and joint pain!

- This easy sequence only takes 15 minutes or less each day
- You can do it on your own, in the comfort of your own home—no equipment needed

This could be the easiest, most gentle way to unlock a SLIMMER, SEXIER YOU.

**Visit:** [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Low Impact - High Results @ Home Workout**



### #3: Balance Training Handbook

Regain Your Balance and Your CONFIDENCE with the Balance Training Handbook.

This simple, easy, gentle 8-minute exercise routine will help you improve your balance, prevent falls and protect you from the “bad balance negative downward health spiral.” Replace your fears of falling and physical activity with confidence!

Strengthen your legs, stabilize and strengthen your core and get back to doing the things you love in life. Get back to doing the day-to-day things you NEED to do, and doing them YOURSELF, so you don’t have to depend on or burden other people!



**Visit:** [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Balance Training Handbook**

## #4: 14-Day Joint Recovery Quick Start Program

Is chronic joint pain and stiffness your constant companion?

Whether your joint pain is mild or excruciating, it can severely limit your daily activities and drastically lower your overall quality of life.

We've combined the most powerful and science-based exercise, diet and lifestyle techniques that increase joint function, flexibility and strength, and also relieve chronic pain.

By following this groundbreaking system, you'll ensure your joints stay strong and healthy well into your "golden years," and beyond.

And since these strategies heal the root cause of your joint problems, you'll finally obtain permanent relief... even if you've been living with miserable joint pain and stiffness for years, even decades.

**Visit:** [ExercisesForInjuries.com/Shop](http://ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **14-Day Joint Recovery Quick Start Program**



## #5: Best Gluteus Maximus Exercises

Most doctors have NO IDEA what really causes low back, hip and knee pain. Your “butt” muscle - the Gluteus Maximus, is the key. If you stretch it and strengthen it the right way, you can rapidly reduce and eliminate lower back, hip and knee pain, and finally return to your normal, pain-free life!



- This amazing pain-relieving program only takes 15 minutes a day
- You’re finally going to be addressing the real cause of your pain
- This program isn’t just *made up* - it’s based on scientific research and medical studies
- You don’t need a gym membership or any expensive equipment to do this program

**Visit:** [ExercisesForInjuries.com/Shop](http://ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Best Gluteus Maximus Exercises**

## GOT PAIN? We Have a Program for You

If you have a specific pain or injury you need help with... *you're in the right place*. For more than 25+ years, Rick Kaselj has been developing easy-to-learn, easy-to-do, highly-effective, research-based, low-impact exercise programs that are designed to reduce, heal and eliminate specific pains and injuries. **Below are just some of Rick's programs, categorized by pain and injury:**

### BACK PAIN

- Best Gluteus Medius Exercises (back and hip pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Sacroiliac Pain Solution (low back pain)
- Lumbar Fusion Exercises (recover faster from lumbar fusion surgery)
- Effective Exercises For Scoliosis (back pain)
- Low Back Pain Solved (low back pain)

### KNEE PAIN

- Patellofemoral Syndrome Solution (knee pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Knee Replacement Handbook (recover faster from knee replacement surgery)
- Iliotibial Band Syndrome (knee pain)
- Meniscus Tear Solution (knee pain)
- Jumper's Knee Solution (knee pain)

### FOOT, HEEL, ANKLE PAIN

- Plantar Fasciitis Relief In 7 Days (foot and heel pain)
- Ankle Sprain Solved (ankle pain)
- 

### SHOULDER PAIN

- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)
- Frozen Shoulder Solution (shoulder pain)
- Effective Rotator Cuff Exercises (shoulder pain)
- Scapular Stabilization Exercises (shoulder pain)
- Shoulder Pain Solved (shoulder pain)

### NECK PAIN

- Neck Pain Solved (neck pain)
- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)

### LEG PAIN

- Hamstrin
- g Injury Solution (hamstring pain)
- Shin Splints Solved (shin pain)
- Achilles Tendonitis Exercise Solution (calf pain)

### MISCELLANEOUS

- Piriformis Syndrome Solved (buttock pain)
- Recovery Workouts (speed up recovery between workouts)
- Tennis Elbow Pain Solution (elbow pain)

**To find out more about any of these  
or our other pain, injury or exercise programs, go to:**

**[ExercisesForInjuries.com/Shop](http://ExercisesForInjuries.com/Shop)**