The role of ultrasound in the evaluation and treatment of hip pain

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Treatment of hip pain in the past

Pain area in trochanteric bursitis

Arthritic Hip
- No joint space (bone on bone)
- Cysts noted in bone of femur head
- Sclerosis or hardening of the bone (looks more white)

Normal Hip
- Joint space can be seen
Gluteus Medius Tendinosis (aka Greater Trochanteric Bursitis)

Treatment options
1. PRICE + NSAID, time
2. **cortisone injection** 1 or 2
3. PT: ionto, U/S
4. Modalities: Graston, Dry needling, ART...
5. Strengthening exercises
6. **PRP, stem cells** under US guidance – for investigational use.
   (PRP – off label use of FDA approved product)

Studies have shown PRP injections to be safe but the effectiveness is not yet determined

7. **Percutaneous tenotomy using Tenex™**
8. Surgery
US Guided injections: cortisone, PRP

• USGI helpful for DIAGNOSTIC and therapeutic purposes

Trochantorric Bursa Injection
Tenex™

• Percutaneous tenotomy using Tenex™ to remove “bad” tendon fibers
Treatment of hip Osteoarthritis

Treatment options for OA
1. RICE + NSAID
2. Weight loss
3. PT: Motion and Strengthening exercises
4. modalities for pain

5. Cortisone injection: Dx and Tx

6. Hyaluronic acid injections

7. PRP, stem cells - for investigational use (PRP – off label use of FDA approved product)
   Studies have shown PRP injections to be safe but the effectiveness is not yet determined

8. Radiofrequency ablation

9. Surgery
US Guided injections: cortisone, PRP
Radiofrequency Ablation of hip and knee
Other conditions: Posterior hip pain

Proximal hamstring tendinosis (aka ischial bursitis)
Posterior hip pain

Piriformis Syndrome

The needle in middle of piriformis muscle
SI joint pain

SI Joint

Arthritis

LEFT SI
Adductor tendinosis
Other conditions: Iliopsoas bursitis
Rare cases

Fluid collections after joint replacement
Rare cases

- Soft tissue lesions

27 y/o male patient
Questions ? ? ?