

Lateral Hip & Buttock Pain

Contemporary Diagnostic & Management Strategies

Dr. Alison Grimaldi
PHYSIOTHERAPIST, RESEARCHER & EDUCATOR

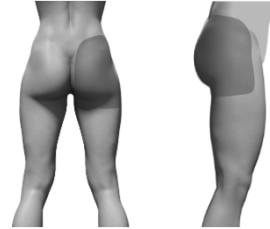
Lateral Hip & Buttock Pain Contemporary Diagnostic & Management Strategies Introduction

Dr Alison Grimaldi
BPhy, MPhy(Sports), PhD
Australian Sports Physiotherapist
Practice Principal Physiotherapist
Adjunct Senior Research Fellow
University of Queensland, Australia

Dr Alison Grimaldi
www.dr-alisongrimaldi.com

1

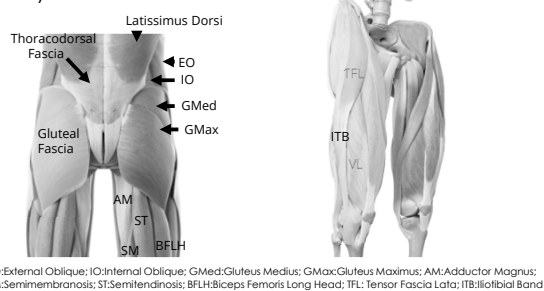
Potential sources of nociception
in the lateral hip & buttock



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2

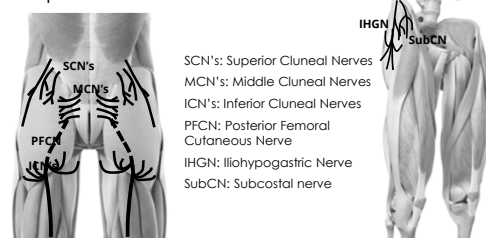
Myofascial Structures



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3

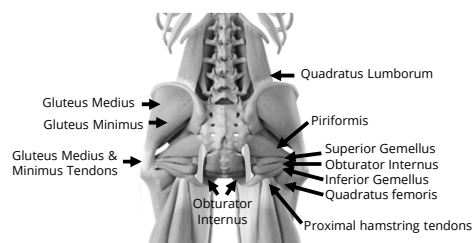
Superficial Nerves



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4

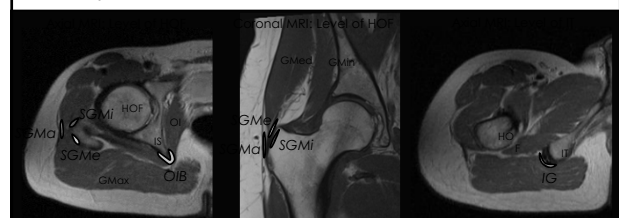
Deeper posterolateral musculotendinous structures



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5

Major Bursae of the Lateral Hip & Buttock



SGMa: Subgluteus Maximus (Trochanteric) Bursa; SGMe: Subgluteus Medius Bursa;
SGMi: Subgluteus Minimus Bursa; OIB: Obturator Internus Bursa; IG: Ischiogluteal Bursa

HOF: Head of Femur; IS: Ischial Spine; IT: Ischial Tuberosity; OI: Obturator Internus;
GMax: Gluteus Maximus; GMed: Gluteus Medius; GMin: Gluteus Minimus

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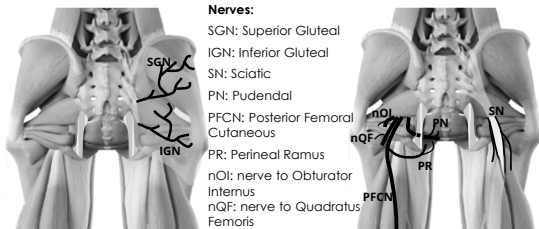
6

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Deeper Nerves



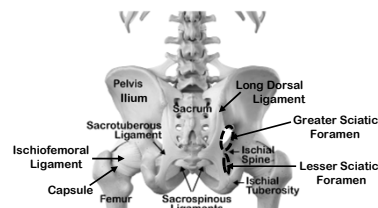
Nerves:

SGN: Superior Gluteal
IGN: Inferior Gluteal
SN: Sciatic
PN: Pudendal
PFCN: Posterior Femoral Cutaneous
PR: Perineal Ramus
nOI: nerve to Obturator Internus
nQF: nerve to Quadratus Femoris

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7

Bones & Capsuloligamentous Structures



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8

The Peritrochanteric & Deep Gluteal Spaces

Axial MRI: Level of HOF



Axial MRI: Level of Ischial Tuberosity



GMax: Gluteus Maximus; PHT: Proximal Hamstring Tendons; HOF: Head of Femur; A: Acetabular column; OI: Obturator Internus; QF: Quadratus Femoris; F: Femur; IT: Ischial Tuberosity; SN: Sciatic Nerve; PHT: Proximal Hamstring Tendons

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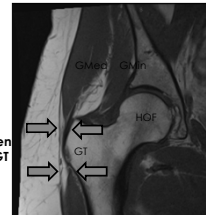
9

The Peritrochanteric Space

Axial MRI: Level of HOF



Coronal MRI: Level of HOF



Between ITB & GT

GMax: Gluteus Maximus; HOF: Head of Femur; A: Acetabular column; GT: Greater Trochanter; GMed: Gluteus Medius; GMin: Gluteus Minimus

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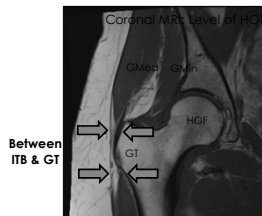
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10

Contents of the Peritrochanteric Space

Muscles/Tendons/Bursae:

- Tendinous insertions of Gluteus Medius & Minimus
- Origin of vastus lateralis
- Subgluteus maximus (trochanteric) bursa
- Subgluteus medius bursa
- Subgluteus minimus bursa



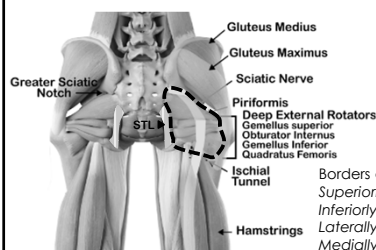
GMax: Gluteus Maximus; HOF: Head of Femur; A: Acetabular column; GT: Greater Trochanter; GMed: Gluteus Medius; GMin: Gluteus Minimus

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11

The Deep Gluteal Space



Borders of the deep gluteal space:
Superiorly: greater sciatic notch
Inferiorly: distal ischium
Laterally: gluteal tuberosity of femur
Medially: sacrotuberous ligament

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12

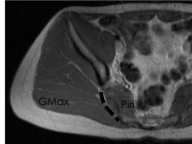
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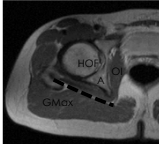
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The Deep Gluteal Space

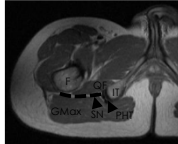
Axial MRI: Level of GSNotch



Axial MRI: Level of HOF



Axial MRI: Level of ITuberosity



Borders of the deep gluteal space:

Posteriorly; gluteus maximus

Anteriorly; posterior acetabular column, hip capsule & proximal femur

GMax: Gluteus Maximus; PHIT: Proximal Hamstring Tendons; SN: Sciatic Nerve; IT: Ischial Tuberosity; A: Acetabular column; QF: Quadratus Femoris; F: Femur; HOF: Head of Femur

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13

Contents of the Deep Gluteal Space

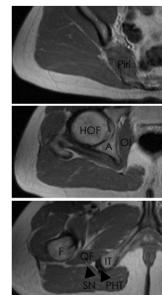
Muscles/Tendons/Bursae:

Piriformis

Obturator Internus & Gemelli & bursa

Quadratus Femoris

Proximal Hamstring Tendons & Ischiogluteal bursa



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14

The Deep Gluteal Space

Neurovascular structures:
Sciatic Nerve (SN)

Posterior Femoral Cutaneous Nerve
(PFCN)

Nerves to short & long heads of
Biceps Femoris (nSHB; nLHB)

Inferior Gluteal Artery & Nerve

Ascending posterior circumflex
femoral artery (APCFA)

Axial MRI: Level of ITuberosity



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15

Focus Modules

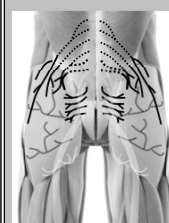
Joint Related Pain &
Bony Impingements



Soft Tissue Related Pain
Muscle, Fascia, Tendon, Bursa



Referred & Nerve
Related Pain



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16