



Deep gluteal pain syndrome

What is it?

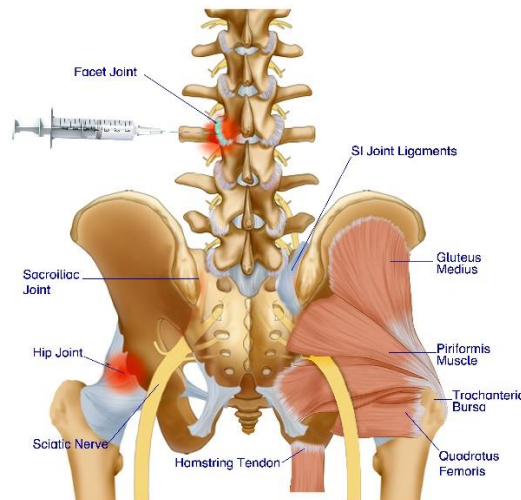
Deep gluteal pain syndrome is pain in the back of the hip and buttock region. Sometimes pain can refer to the back of the leg and groin. Some patients develop numbness and tingling.

What causes it?

The anatomy of the back of the hip and buttock region is very complicated. Many different things can cause pain in the back of the hip and buttock, often leading to delays in diagnosis. Common causes include: hip arthritis, hip labral tears, sciatica, sacroiliac joint problems, hamstring problems, hip bursitis, piriformis syndrome, and problems with other muscles in the back of the hip, pelvis and buttock region.

Diagnosis:

A thorough history and exam is essential for diagnosing deep gluteal pain syndrome. Often, X-rays of the hip and back are necessary. Sometimes, MRI can help clarify the problem as well.



Treatment:

Treatment for deep gluteal pain is targeted at the cause. Common treatments include:

- Pelvic Floor Physical Therapy
- Hip and core strengthening and flexibility
- Yoga
- Foam rolling, lacrosse ball massage
- Various injections – targeting different areas around the hip, low back and buttock regions - often helpful in clarifying the diagnosis and treating the pain
- Surgery – may be an option if a patient fails conservative therapy