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Corticosteroid injection for greater trochanteric pain syndrome: a systematic review

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Background: Greater trochanteric pain syndrome commonly causes disabling lateral hip pain and has largely replaced diagnoses including trochanteric bursitis and gluteal tendinopathy. No systematic review has examined best practice exclusively in corticosteroid injection for this condition. This review therefore aims to evaluate the efficacy of corticosteroid injection for Greater Trochanteric Pain Syndrome.

Methods: On 4/08/2020, a systematic search was completed on Cochrane, CINAHL, EMBASE and MEDLINE. Experts were contacted and bibliographies were hand-searched. Key search words included; Greater trochanteric pain syndrome, trochanteric bursitis, gluteal tendinopathy, gluteal, trochanteric, synovial bursa, corticosteroid, steroid, injection, cortisone and glucocorticoid. Eligibility criteria; Randomised controlled trials published in English which examined corticosteroid injection for a primary diagnosis Greater Trochanteric Pain Syndrome.

Results: Ten studies (n=1,141) were included; injection technique (n=2), CSI *vs.* other intervention (n=6), corticosteroid injection *vs.* placebo (n=1) and corticosteroid injection *vs.* no treatment (n=1). Methodological quality was varied. High-quality evidence suggests that corticosteroid injection may be significantly less efficacious in long-term outcomes versus Platelet Rich Plasma, with no differences between corticosteroid injection and placebo. Imaging-guided techniques had no significant advantage. Moderate-

to-low quality studies showed that corticosteroid injection improved short-term outcomes but other treatments (exercise, Platelet Rich Plasma, extracorporeal shockwave therapy) are efficacious over a longer period.

Conclusions: Corticosteroid injection may be useful in short-term treatment for Greater Trochanteric Pain Syndrome. Landmark-guided techniques are sufficient. Future high-quality placebo-controlled trials with established diagnostic criteria are necessary to determine the role of corticosteroid injection in Greater Trochanteric Pain Syndrome.

Keywords: Corticosteroid injection; gluteal tendinopathy; greater trochanteric pain syndrome; trochanteric bursitis

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Footnote

Conflicts of Interest: The authors have no conflicts of interest to declare.

Ethical Statement: The authors are accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

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