

# The Hip

## Anatomy:

Ball and socket joint connecting the leg to the body

Ball part of the thigh bone (femur), socket part of the pelvis

Stable because socket is deep and has strong ligaments and capsule holding ball in the socket

Allows lots of movement in 6 different directions but not as much as the shoulder

## Common Causes of Hip Pain:

Muscle Strain

Joint Strain (arthritis)

Joint Capsule Strain

Cartilage Injury, Loose Body

Fracture (broken bone)

Ligament Sprain

## Common Injuries:

Fall onto side of hip

Arthritis

Cartilage Tear

Bursitis

Pinching of cartilage in joint

Muscle Strain (hip flexor)

## How to Alleviate and Prevent Pain:

Ice (especially in the first 3-5 days after injury)

Heat

May need to avoid weight bearing activities

If you feel stiff try and stretch

Strengthen to improve tolerance to daily activity

Avoid aggravating positions and movements

## Physiotherapy:

Manual Therapy - hands on techniques

Exercise - range of motion, strength, stability

Postural correction - exercise, education

Pain control - ice, heat, electrical stimulation

Acupuncture

Gait Training

## Contact your doctor if you have:

painful clicking, clunking or giving out of the hip, stiff for over an hour first thing in the morning

groin pain that is worsening and may be worst at night

symptoms unchanging or worsening over 2-3 weeks

severe pain with weight bearing, walking

pain spreading below the knee

