

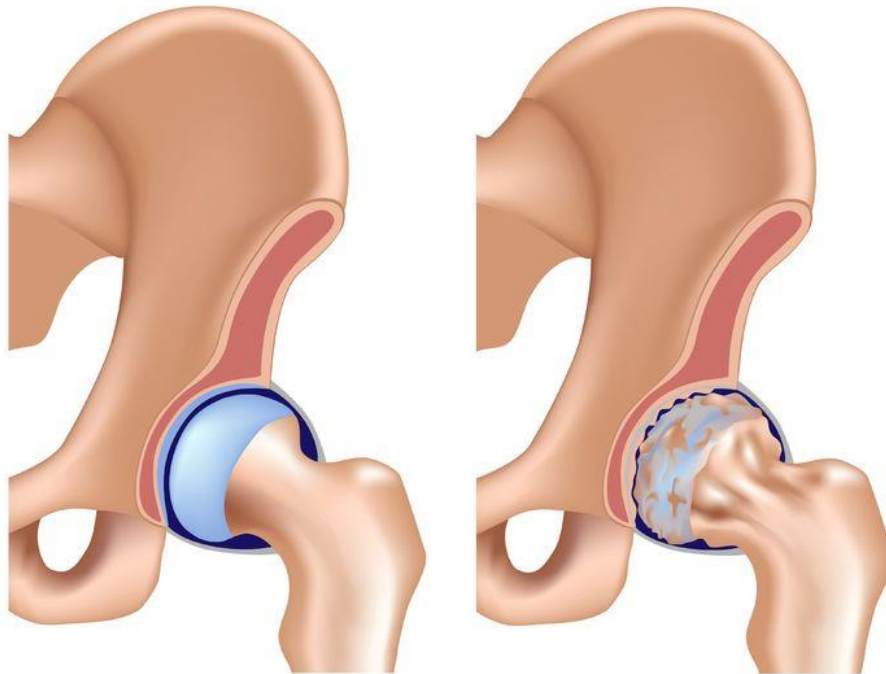
## Hip Pain

April 2017 - Dr. Chris Woollam MD (Dip Sport Med)

Pain in and around the hips may have many sources. Be certain to get an accurate diagnosis before proceeding to manage it.

### What are the Most Common Causes?

1. Osteoarthritis of the hip is common. We all know of a parent or grandparent who has had a hip replaced for that reason. It manifests as groin pain along with a decreased range of motion.



Healthy hip joint

Osteoarthritis

2. FAI (femoro-acetabular impingement) or hip impingement has become a more recognized and worrisome diagnosis in the past several years. It is a hip pain (often manifested as muscle pain around the hip) occurring frequently in young people caused by sport requiring extreme range of motion at the hip - e.g. Dance, gymnastics, cheer etc. IT IS NOT TO BE OVERLOOKED. During impingement, the neck of the femur contacts the lip of the hip socket. It is a condition caused by too much friction in the hip joint. Basically, the ball (femoral head) and socket (acetabulum) rub abnormally creating damage to the hip joint. This causes pain and eventual loss of motion of the hip. Early investigation (such as a 3T MRI) and management is crucial as this may lead to early arthritis in the hip.

3. Muscle/ Bursa pain of the hip manifests as lateral (outer) hip pain and is usually due to pain from the upper gluteal muscles and the piriformis muscle. The trochanteric bursa may be involved but this is usually secondary to the aforementioned muscle imbalance. Lumbo-pelvic problems - imbalances from the lumbar spine through to the pelvis and legs - are more common in adults than youngsters.
4. Anterior hip pain may be due to injury or overuse of muscles of the front of the hip. The Iliopsoas and Adductor muscle groups are often the source of this pain.
5. Pain from the low back (disc disease or arthritis) can radiate down to the hips - or further down the legs. This is easily confused with pain coming from the hip itself.

## **What should I do?**

The above are the most common problems we see associated with hip pain. Some are serious - some not so much. Be certain to obtain an early accurate diagnosis and obtain skilled management. It can make a huge difference to the ongoing quality of life. Visit your Family Doctor to see if a referral to Physio Sport Med is right for you.