

HIP PAIN

A PRIMER

Hip pain is one of the most common things seen in our practice. Common types of hip pain include pain from the tendon (gluteal tendinopathy) and the joint (hip osteoarthritis, impingement, or labral tears). A physical examination can help identify the cause and its solution.

EARLY

Continue to stay active. Try to sit in higher chairs, avoid crossing your legs, and sleep with a pillow between your knees. Early imaging isn't necessary unless unusual symptoms exist like changes in weight, toilet habits, fever, or a recent history of cancer.

ANATOMY

The gluteal tendon is a big tendon on the side of your hip. The hip is a ball and socket joint, meaning it's designed with mobility in mind, but big ligaments exist around your hip joint.



STRUCTURE

The gluteal tendon works whenever standing on one leg (climbing stairs, walking, etc). The joint can be stressed whenever it bears weight or is stretched. It is also close to the lower back, so problems there often impact the hip.

TREATMENT

The focus should target YOUR specific goals and get you independent with a home program. This may include:

- Exercises to improve pain
- Exercises to improve mobility of the hip
- Exercises to improve strength and control of the hip
- Understanding how to use your hip safely and effectively
- Stay at work

PROGNOSIS

Prognosis is very good for most hip conditions. Our clinical outcomes are in the top 1%. Tendon problems take longer to heal (~3 months). Problems from hip arthritis can improve dramatically, but the prognosis is worse with severe arthritis.