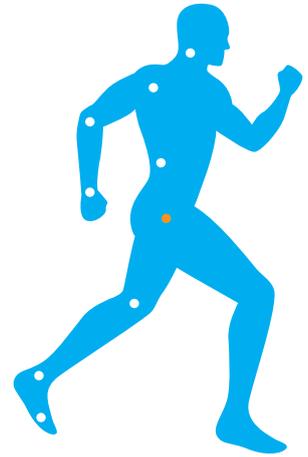


HIP PAIN

NIC COSTIFF PHYSIO & REHAB



Adductor Strain

Adductor strains are common in sports requiring sudden change of direction such as football. You may feel a pull and localized pain in the muscle belly or tendon region higher up. Pain can be reproduced by squeezing the legs together, pressing the muscle and stretching the leg outwards.

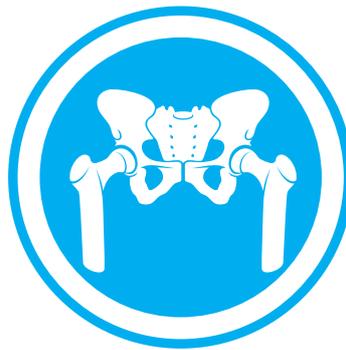
Hip Flexor Strain

Frequently injured during kicking activities. Can be as a result of overuse and poorly localized deep ache. Maybe associated with “snapping/clicking” sensation

- Pain on stretching front of hip
- Pain on palpation into lower abdomen or front of hip.

Femeroacetabular Impingement

This describes a variation in the shape of the articulating surfaces of the hip joint. There are three types; Cam, pincer and a combination of both. Pain may present when the hip joint is repetitively placed into a position causing an impingement – such as many sporting activities. However, it may occur as a result of trauma such as a motor vehicle accident. FAI may also be associated with the development of other pathology at the hip and so it is very important to identify this early.



Labral Tear

The acetabular labrum is a thick cartilage surrounding the socket of the hip joint. Patients with labral tears will often point to the front of the hip however, the location of pain can also be in the groin, lower abdominal and buttock region. The patient often complains of mechanical symptoms such as clicking, locking, catching and giving way. This is not to be confused with snapping hip syndrome which is usually as a result of a tight muscle ‘snapping’ across the hip joint.

Abdominal Wall Related Pain

This group of injuries includes hernia and groin pain which are closely related. A true hernia is rare, however, conditions that masquerade as hernia include: sportmans hernia, footballer’s hernia, Gilmores groin, inguinal insufficiency, conjoint tendon tear and hockey players groin.