

Hip pain is a common issue that can significantly affect your mobility and quality of life. Up to 40% of people will experience pain in their hip in their lifetime. It can result from various causes, including injuries, overuse, or underlying medical conditions. This handout aims to provide you with essential information about hip pain and how to effectively manage it.

Types of Hip Pain:

- Osteoarthritis: The gradual wear and tear of the hip joint, causing pain and stiffness.
- Bursitis: Inflammation of the bursae (fluid-filled sacs) around the hip joint.
- Tendinitis: Inflammation of the tendons that connect muscles to the hip joint.
- Hip Fracture: A break in the hip bone, often due to a fall or injury.
- Hip Labral Tear: Damage to the cartilage that lines the hip socket.
- Referred Pain: Conditions in the lower back or pelvis can cause pain that radiates to the hip.

Common Causes of Hip Pain:

- Overuse: Repetitive activities or sports can strain the hip joint and surrounding tissues.
- Injury: Falls, direct blows, or accidents can lead to hip pain.
- Poor Posture: Incorrect posture while sitting or standing can contribute to hip discomfort.
- Age: Ageing can increase the risk of hip osteoarthritis and related conditions.

Symptoms:

- Pain in the hip joint or groin area
- Limited range of motion
- Stiffness and reduced mobility
- Swelling and tenderness

Prevention and Management:

- Rest: Avoid activities that worsen the pain and give your hip time to heal.
- Ice: Apply ice to the affected area to reduce swelling and inflammation.
- Pain Medication: Over-the-counter pain relievers or prescription medications may be necessary.
- Weight Management: Excess weight can strain the hip joint, so maintain a healthy weight.
- Ergonomics: Maintain proper posture during activities and work to prevent strain.
- Supportive Footwear: Choose appropriate footwear that provides good arch support.
- Walking Aids: If necessary, use crutches or a cane to reduce pressure on the hip.
- Heat Therapy: Heat can help relax hip muscles and increase blood flow.

When to Seek Professional Help:

If you experience any of the following, it is recommended to consult a healthcare professional:

- Severe or persistent pain
- Inability to bear weight on the affected leg
- Signs of infection (redness, warmth, fever)
- Weakness or numbness in the leg

Treatment Options:

- Physiotherapy: Customised exercises and techniques to improve hip strength and mobility.
- Medications: Pain relievers, anti-inflammatories, or muscle relaxants as prescribed.
- Injections: Corticosteroid injections can reduce inflammation and pain.
- Surgery: For severe cases, such as hip fractures or advanced osteoarthritis.