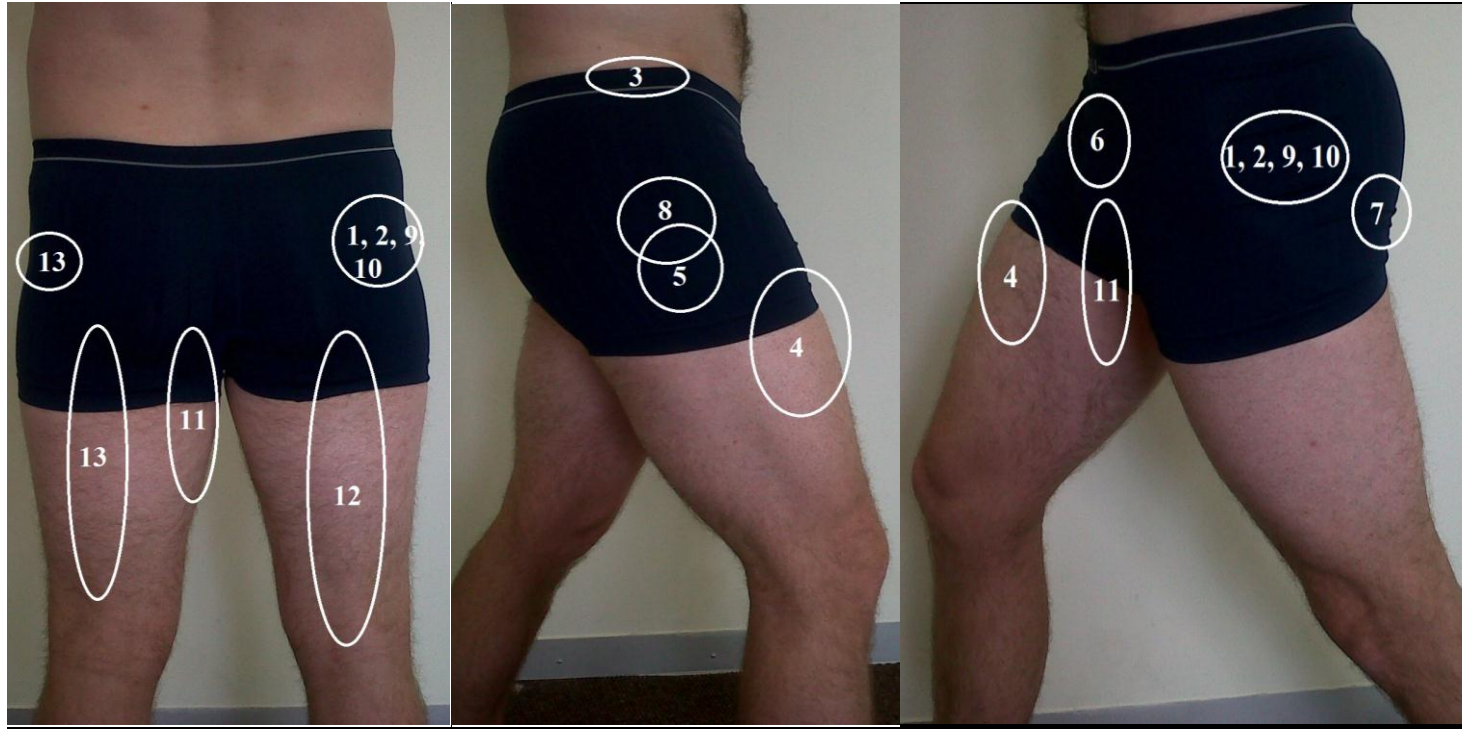


HIP and THIGH PAIN



- It is important to remember that there are many Lumbar Spine and Muscle Pain Syndromes which can refer pain into the hip and thigh regions!

<u>Condition</u>	<u>Causes</u>	<u>Symptoms</u>
1) Traumatic Hip Dislocation	Head of Femur dislocates out of socket (Acetabulum) due to serious injury or pre-existing hip instability.	High impact trauma followed by severe hip pain
2) Hip Sprain	Forceful traumatic injury to the hip joint capsule involving movements of abduction, external rotation and extension.	Groin pain which can refer into the knee. Aggravated by stretching, running and jumping.
3) Hip Pointer	Contusion injury at the iliac crest (upper hip bone) caused by blunt trauma (sports, car accidents).	Localised pain, swelling and bruising at iliac crest. Abdominal and gluteal muscle spasm. Pain increased by movement.
4) Myositis Ossificans	Calcification of Haematoma (collection of blood) which resulted	Severe blunt trauma to a muscle. Pain

	from contusion, muscle strains and repetitive trauma which have not been rehabilitated correctly.	aggravated by stretch/ contraction of injured muscle. Persistent pain, swelling and weakness long after the injury has occurred.
5) Snapping Hip Syndrome	<p>Can occur in four places with different causes:</p> <ul style="list-style-type: none"> • Lateral (outside) hip- ITB moves over Greater Trochanter. • Anterior (front) hip- iliopsoas tendon or iliofemoral ligament moves over femoral head or hip joint capsule. • Posterior (behind) hip- hamstring tendon moves over ischial tuberosity. • Intra-articular (inside hip joint)- hip instability, labral tears and loose bodies. 	Recurrent pain and ‘snapping’ sound on active hip movements.
6+7+8) Hip Bursitis	<p>A bursa is fibrous sac of fluid which prevents friction between two structures. Increased friction over these Bursae causes them to become painful and inflamed. A Bursitis can also be caused by infection, trauma, chronic overuse and joint instability. There are 3 main types of Bursitis which occur:</p> <ul style="list-style-type: none"> • 6) Iliopsoas Bursitis • 7) Ischiogluteal Bursitis • 8) Trochanteric Bursitis 	Pain and tenderness over the respective areas. The pain is present at rest and at night.
9) Transient Hip Synovitis	Inflammation inside the hip joint caused by various types of trauma, genetic predisposition and infections.	Rapid acute onset of severe hip/ groin pain. May have associated medial thigh or knee pain.
10) Septic Arthritis	Inflammation of the hip joint as a result of Bacterial or Viral infection.	Acute onset of hip pain and groin pain. Pain may radiate into the anteromedial thigh. The pain is aggravated by movement and there will be FEVER. Joint will be warm and tender.
11) Groin (Adductor Muscle Strain)	Injury (strain) to the adductor (groin) muscles. May be the result of an acute injury or due to chronic overuse and many other biomechanical abnormalities.	Acute painful twinge or chronic groin pain.
12) Hamstring Strain	Injury (strain) to the hamstring muscles. May be the result of an acute injury or due to chronic overuse and many other biomechanical abnormalities.	Acute painful twinge or chronic posterior thigh pain.
13) Piriformis Syndrome	Injury (strain) to the piriformis muscle. May be the result of an acute injury or due to chronic overuse and many other biomechanical	Dull aching to sharp pain in gluteal, hip and posterior thigh region.

	abnormalities such as leg length inequalities and sacro-iliac joint dysfunction. The piriformis muscle can directly cause compression of the Sciatic nerve or may develop Trigger points which refer pain into the thigh and hip.	
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