

# Hip Pain

Links for hip pain at <http://www.nlm.nih.gov/medlineplus/hipinjuriesanddisorders.html> (see below) and <http://www.nlm.nih.gov/medlineplus/ency/article/003179.htm> are provided by the National Institutes of Health.

To answer a free questionnaire that may help to identify the cause of your hip pain, go to <https://www.masterdocs.com/hippain/start.php>.

Pain arising from the hip joint may be felt in the area of the hip joint but also nearby. Sometimes pain in the area of the hip joint may not come from a hip problem but from another area, such as your back.

## Causes of Pain in the Hip Area include:

- **Osteoarthritis:** This may be felt in the front of the thigh as well as in the area of the hip joint.
- **Fracture:** This is more common in older people, particularly in those with osteoporosis.
- **Aseptic Necrosis:** This results from a defective blood supply to the hip. It is more common with long-term corticosteroid therapy, previous injury to the hip, or sickle cell anemia. The type of aseptic necrosis that occurs in children is called Legg-Calvé-Perthes Disease (or just Perthes Disease).
- **Trochanteric bursitis:** Characteristically, pain from this condition occurs on getting up from a chair.
- **Tendinitis** (inflammation of a tendon)
- **Strain** (of a muscle)
- **Sprain** (of a ligament).
- **Referred pain** (e.g., sciatica pain from a lower back problem)
- **Infection.**

## Treatment of pain in the hip area depends of the cause but can include:

- Limit activities that make the pain worse.
- Pain relief medication such as acetaminophen.
- Sleep on the good side with a pillow between the legs.
- Appropriate exercises as the pain improves (e.g., swimming).
- Immediate medical attention if a hip fracture is suspected (e.g., if you have fallen or injured the hip and you can't move at the hip or can't stand on the leg).

# Hip Injuries & Disorders

<http://www.nlm.nih.gov/medlineplus/hipinjuriesanddisorders.html>

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## Overviews

- Taking Care of Your Hip: A Physical Therapist's Perspective (American Physical Therapy Association) - Links to PDF

## Diagnosis/Symptoms

- Bone Density Scan (National Institutes of Health, Clinical Center) - Links to PDF
- Also available in: Spanish
- Bone Scan (National Institutes of Health, Clinical Center) - Links to PDF. Also available in: Spanish
- Hip Problems (American Academy of Family Physicians)
- MR Imaging (MRI): Musculoskeletal (American College of Radiology, Radiological Society of North America)
- Radiography (X-Ray): Bone (American College of Radiology, Radiological Society of North America)

## Treatment

- Injection Therapy: Relieving Pain at the Source (Mayo Foundation for Medical Education and Research)
- MedlinePlus: Hip Replacement (National Library of Medicine)
- Revision Hip Surgery (Arthritis Foundation) - Requires media player

## Clinical Trials

- ClinicalTrials.gov: Hip Fractures (National Institutes of Health)
- ClinicalTrials.gov: Hip Injuries (National Institutes of Health)

## Specific Conditions

- Bursitis of the Hip (American Academy of Orthopaedic Surgeons)
- Fracture of the Pelvis (American Academy of Orthopaedic Surgeons)
- Hip Dislocation (American Academy of Orthopaedic Surgeons)
- Hip Fracture (Mayo Foundation for Medical Education and Research)
- Hip Strains (American Academy of Orthopaedic Surgeons)
- Inflammatory Arthritis of the Hip (American Academy of Orthopaedic Surgeons)
- Labral Tear (Mayo Foundation for Medical Education and Research)
- Osteoarthritis of the Hip (American Academy of Orthopaedic Surgeons)
- Also available in: Spanish
- Osteonecrosis of the Hip (American Academy of Orthopaedic Surgeons)

- Pigmented Villonodular Synovitis (PVNS) (American Academy of Family Physicians)
- Snapping Hip (American Academy of Orthopaedic Surgeons)
- Transient Osteoporosis of the Hip (American Academy of Orthopaedic Surgeons)

## **Nutrition**

- Calcium Supplements (National Osteoporosis Foundation)

## **Rehabilitation**

- How to Use Crutches, Canes and Walkers (American Academy of Orthopaedic Surgeons)
- Recovery from Hip Fracture (Osteoporosis and Related Bone Diseases-National Resource Center)

## **Related Issues**

- Information for Patients - Office Visit Tips (American Association of Hip and Knee Surgeons)

## **Research**

- Team Care by Hospitalists with Surgeons after Hip or Knee Surgery (American College of Physicians)
- Thiazide Diuretics and Hip Fracture Risk (American College of Physicians)

## **Directories**

- AAHKS Doctor Locator (American Association of Hip and Knee Surgeons)
- Find a Physical Medicine & Rehabilitation Physician (American Academy of Physical Medicine and Rehabilitation)
- Find an Orthopaedist (American Academy of Orthopaedic Surgeons)

## **Organizations**

- American Academy of Orthopaedic Surgeons
- National Center for Injury Prevention and Control
- National Institute of Arthritis and Musculoskeletal and Skin Diseases. Also available in: Spanish

## **Statistics**

- Falls and Hip Fractures among Older Adults (National Center for Injury Prevention and Control)
- Hip Fractures Surge among African-American Elderly between 1990-2000 (American College of Rheumatology)

## Children

- Developmental Dislocation (Dysplasia) of the Hip (DDH) (American Academy of Orthopaedic Surgeons)
- Hip Problems in Infants (American Academy of Family Physicians)
- Slipped Capital Femoral Epiphysis (American Academy of Family Physicians)
- Transient Synovitis of the Hip: A Cause of Hip Pain in Children (American Academy of Family Physicians)
- Also available in: Spanish
- Your Child's New Hip Abduction Orthosis: for Infants and Young Children (Shriners Hospitals for Children)

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