

SNAPPING HIP SYNDROME

What is snapping hip syndrome?

Snapping hip syndrome is a condition in which you feel a snap on the outside portion of your hip as you walk or run. It may happen only occasionally or it may happen all the time.

How does it occur?

Several groups of muscles cross the hip as they pass from the thigh bone to the pelvis. When you bring your knee forward during walking, you may have a feeling of snapping in the hip. The snapping usually occurs because of tightness in a muscle called the iliopsoas or tightness in a muscle called the tensor fascia lata.

What are the symptoms?

You feel snapping in your hip as you walk or run.

How is it diagnosed?

Your healthcare provider will examine your hip and thigh. He or she may be able to feel the muscle group that is snapping as the leg moves forward.

How is it treated?

Since this problem usually occurs because some muscles are too tight and some muscles are too loose, you will be given exercises to both strengthen and stretch your hip and thigh muscles. Your healthcare provider may prescribe an anti-inflammatory medicine if this area is painful (adults aged 65 years and older should not take non-steroidal anti-inflammatory medicine for more than 7 days without their healthcare provider's approval). If this area becomes inflamed, your provider may recommend that you put ice packs on the area for 20 to 30 minutes every 3 to 4 hours for 2 to 3 days or until the pain goes away.

When can I return to my sport or activity?

The goal of rehabilitation is to return you to your sport or activity as soon as is safely possible. If you return too soon you may worsen your injury, which could lead to permanent damage. Everyone recovers from injury at a different rate. Return to your sport or activity will be determined by how soon your hip recovers, not by how many days or weeks it has been since your injury occurred. In general, the longer you have symptoms before you start treatment, the longer it will take to get better.

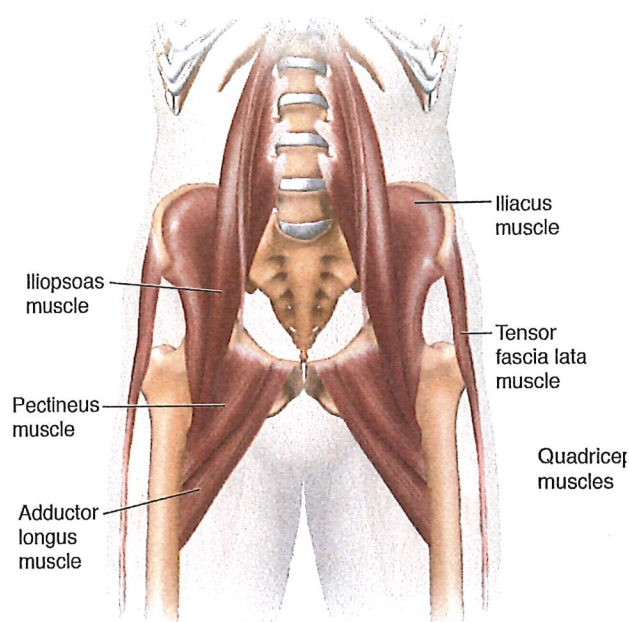
You may safely return to your sport or activity when, starting from the top of the list and progressing to the end, each of the following is true:

- you have full range of motion in the affected hip compared to the unaffected hip
- you have full strength of the affected hip compared to the unaffected hip
- you can jog straight ahead without pain or limping
- you can sprint straight ahead without pain or limping
- you can do 45-degree cuts, first at half-speed, then at full-speed
- you can do 20-yard figures-of-eight, first at half-speed, then at full-speed
- you can do 90-degree cuts, first at half-speed, then at full-speed
- you can do 10-yard figures-of-eight, first at half-speed, then at full-speed
- you can jump on both legs without pain and you can jump on the affected leg without pain

How can I prevent snapping hip syndrome?

Snapping hip syndrome may be prevented by stretching the muscles that cross the hip from the pelvis to the thigh bone.

SNAPPING HIP SYNDROME



HIP/THIGH/PELVIS

SNAPPING HIP SYNDROME REHABILITATION EXERCISES

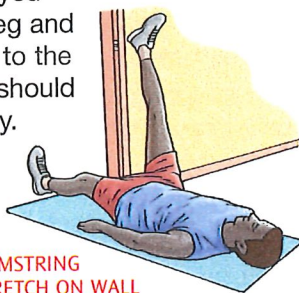
You may do all of these exercises right away.



QUADRICEPS STRETCH

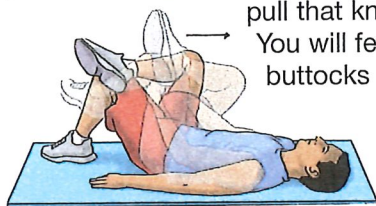
1. QUADRICEPS STRETCH: Stand an arm's length away from the wall, facing straight ahead. Brace yourself by keeping one hand against the wall. With your other hand, grasp the ankle of the opposite leg and pull your heel toward your buttocks. Don't arch or twist your back. Keep your knees together. Hold this stretch for 15 to 30 seconds. Repeat 3 times on each side.

2. HAMSTRING STRETCH ON WALL: Lie on your back with your buttocks close to a doorway, and extend your legs straight out in front of you along the floor. Raise one leg and rest it against the wall next to the door frame. Your other leg should extend through the doorway. You should feel a stretch in the back of your thigh. Hold this position for 15 to 30 seconds. Repeat 3 times.



HAMSTRING STRETCH ON WALL

3. GLUTEAL STRETCH: Lying on your back with both knees bent, rest the ankle of one leg over the knee of your other leg. Grasp the thigh of the bottom leg and pull that knee toward your chest. You will feel a stretch along the buttocks and possibly along the outside of your hip on the top leg. Hold this for 15 to 30 seconds. Repeat 3 times.

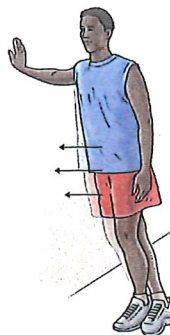


GLUTEAL STRETCH

4. ILIOTIBIAL BAND STRETCH: STANDING: Cross one leg in front of the other leg and bend down and touch your toes. You can move your hands across the floor toward the front leg and you will feel more stretch on the outside of your thigh on the other side. Hold this position for 15 to 30 seconds. Return to the starting position. Repeat 3 times.



ILIOTIBIAL BAND STRETCH: STANDING



5. ILIOTIBIAL BAND STRETCH: SIDE-LEANING: Stand sideways near a wall. Place one hand on the wall for support. Cross the leg farthest from the wall over the other leg, keeping the foot closest to the wall stable. Lean into the wall. Hold the stretch for 15 seconds and repeat 3 times.

ILIOTIBIAL BAND STRETCH: SIDE-LEANING

6. PRONE HIP EXTENSION: Lie on your stomach with your legs straight out behind you. Tighten up your buttocks muscles and lift one leg off the floor about 8 inches. Keep your knee straight. Hold for 5 seconds. Then lower your leg and relax. Do 3 sets of 10.



PRONE HIP EXTENSION

7. SIDE-LYING LEG LIFT: Lying on your side, tighten the front thigh muscles on your top leg and lift that leg 8 to 10 inches away from the other leg. Keep the leg straight. Do 3 sets of 10.



PRONE HIP EXTENSION