

Lateral Hip Pain

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It is an injury of the tendon of gluteus medius, a major hip stabiliser. It can be thought of as like a tennis elbow problem affecting the gluteus medius tendon. Tendinopathy is a failed healing response in the tendon.

What is the cause ?

It is caused by dropout of some of the tendon fibres, and irritation of the remaining fibres. The pain comes from chemical messengers in damaged tendon.

Signs and symptoms?

Pain – over the outside of the hip, especially with walking but also lying in bed on the affected side. Decreased ability to walk for long periods, or climb stairs or hills. Tenderness – over the greater trochanter (a prominence at the top of the femur or thigh bone).

Treatment/Management

- Pain relief – simply painkillers like paracetamol or anti-inflammatory tablets are often helpful.
- Ice massage or Voltaren emulgel applied over the area can help.
- Avoidance of prolonged walking or lots of stairs is usually useful.
- General treatment is a series of strengthening exercises to build up the muscles around the hip. Your physiotherapist, will start you off and then you continue them at home.
- Occasionally a cortisone injection can be helpful. To get the full benefit from the injection, you need to do the physiotherapy exercises to build up the stabiliser muscles

Don't:

- Sit with your legs crossed
- Sit in chairs/lounges that cause your hips to be lower than your knees
- Sleep on the sore side
- Sleep on the good side **without** a big pillow between your legs
- Hip stand – standing on one leg with your hip poking out to the side
- Aggravate the sore side with extra pressure, eg. Carrying children on that hip or lying on the sore side
- Stretch the ITB, The Iliotibial Band

Do:

- Try to sit with your feet and knees shoulder width apart and your hips level or higher than your knees
- Sleep on your back with the knees bent, supported by a long thick pillow. This allows your knees to roll outwards or if you sleep on your good side, place a thick pillow between your legs stopping the top sore leg from crossing the mid line of the body
- Your exercises every day! Be persistent and consistent.

If you want to know more, find a time to see us at Kelmscott Physio, give our friendly team a call on 9390 5566 or Book a time online