

Hip pain

Physiotherapy & Occupational Therapy

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

Many of us will experience hip pain at some point in our lives. Although it can be painful, it is rarely serious. For many people hip pain will normally resolve in six to 12 weeks without any treatment.

Common causes

A number of factors have been associated with hip pain. These include:

- A sprain, strain or injury such as a fall or blow to the thigh
- A sudden increase or decrease in your normal activity or exercise levels
- Muscle weakness
- Following a period of increased stress, worry or low mood
- Following a period of poor sleep, fatigue or feeling run down
- Other lifestyle factors such as being overweight and smoking
- A flare up of longstanding hip pain
- Other conditions

Common symptoms

These include:

- Pain around the buttock, outside of the hip and or groin
- Pain down the leg, but this is often associated with back pain
- Stiffness generally first thing in the morning or after a period of rest
- Pain when standing and walking
- Pain in sitting and lying positions
- Difficulty doing your normal daily activities for example, putting on socks and shoes, or getting in and out of a car

You may experience constant or intermittent (comes and goes) symptoms that are aggravated by certain activities and reduced by others.

What can I do to help it?

- In the first few days after an onset of hip pain, changing or reducing your usual activities may help. However, there is strong evidence that keeping active and gradually returning to all your usual activities and exercise will help you recover
- It is normal to experience some pain during your recovery, but it does not mean you are damaging your hip
- Try to stay at work or return as soon as you are able. Your employer, GP or health practitioner will be able to advise on how to return to your normal work duties

Try some of these self-help strategies to aid your recovery:

- Apply a heat or icepack to the painful area – for up to 15 minutes. **Never apply heat or ice directly to the skin.**
- A short course of simple pain medication as advised by your pharmacist or GP may help reduce pain and allow you to move more comfortably
- Keep moving. Regular movement and exercise is safe and helpful for hip pain. It is important to build up gradually – the exercise or activity you enjoy most, is likely to help your recovery
- Try and get a good night's sleep for example, place a pillow between your knees, and rest your leg on the pillow when lying on your non-painful side
- Good sleep habits and managing stress may help you cope better with your pain

Facts about hip pain

- The hip is a very strong and stable joint
- Hip pain is common without any damage to your joints, ligaments, or tendons
- X-rays and scans often DO NOT show the cause of your pain
- Movement and exercise is NOT harmful for hip joints
- Your hip can become stronger and healthier with regular movement and exercise – that are built up gradually
- Creaking and clicking hip joints are common in people without hip pain. It is a RARELY a sign of harm or damage
- If you are overweight – losing weight by getting more active and improving your diet can improve your hip pain by reducing inflammation in your body and the load on your hip joint
- Improving your sleep and general health is all also important for your hip pain



5 Things You Should Know About Hip Pain

1 Hip pain is common.

15%



3 in 20 people are affected by hip pain at some point in their life

2 Causes of pain go beyond the hip.

Lots of things can influence your level of pain and disability.



Increased belly fat

1. Increased inflammation
2. Increased load



Stress + Depression + Lack of sleep

1. Less energetic
2. Increased sensitivity



Weakness + Activity avoidance

1. Increased vulnerability
2. More stress on the hip



Over activity

1. Tissue sensitivity
2. Inflammation

3 Scans can be misleading.



How your hip looks on a scan does not predict how much pain you feel or how much you can do with your hip. Findings such as tendon and labral tears, and arthritic changes are very common in people without pain, especially as we get older.

4 Pain does not mean the hip is out of place.

The hip is the **strongest and most stable joint** in the body



Pain often **reflects muscle guarding and weakness** rather than instability

5 Surgery is not always the answer.

Many causes of hip pain **CANNOT** be addressed through surgery

Exercise and lifestyle changes can **reduce** pain and disability



✓ What can you do for hip pain?

1. Identify the factors that contribute to your hip pain
2. Develop a positive attitude and build confidence towards your hip
3. build strength in the muscles around the hip
4. Get physically active
5. Attain healthy body weight
6. Get good sleep and manage stress and mental health

Tell your story to a physiotherapist. They will assist you to develop a plan to help manage your pain and get you back doing the things you value in life .



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When should I seek medical advice?

Call your GP surgery if

- Your pain is getting worse
- You have tried the self-help tips for three to four weeks and the symptoms have not improved

Seek immediate medical advice if

- After an injury for example, a fall or a direct blow to the hip
 - You have difficulty standing or walking
 - If you are unable to move your hip
 - If your hip is giving way

Do I need an X-ray or scan?

- X-rays or scans are NOT usually required to diagnose hip pain
- X-rays or scans DO NOT tell us how much pain you are experiencing
- X-rays and scans often show joint narrowing, osteoarthritis and labral tears which are common in people WITHOUT hip pain. These findings are unlikely to change the way you manage your pain
- X-rays and scans are best used where a serious injury (for example, a broken bone) or conditions such as cancer or infection are suspected

Why exercise?

It is important to get the hip moving early in order to gain mobility, strength and return to normal function. Early exercise can have a positive influence on tissue healing and reduce the potential for joint and soft tissue stiffness.

Hip exercises

These are suggested exercises and are to be performed within comfortable limits. If you have any concerns about any of the exercises, please seek medical advice.

1. Lie on a firm surface, legs outstretched. Bend the affected leg, knee to chest. Use your hands to gently pull the knee towards you. The movement is slow and controlled. Hold the position for five seconds then lower the foot to the floor. Repeat 10 times, two times per day.



2. Sitting on a firm surface legs outstretched and back supported. Place a rolled up towel under the affected knee. Keeping the knee in contact with the roll, lift the lower leg and foot off the floor. You should feel the thigh muscle tighten. Hold for a count of five. Repeat 10-15 times, two times per day.



3. Sit on a chair toward the front of the seat. Feet firmly on the floor, hip width apart. Arms outstretched. Ensure the chair is stable. Lean forward to take the weight onto the feet and come up into standing position. Do not allow the knees to come together as your move into standing. Once in standing, begin to bend the knees again and lean slightly forward to allow the bottom to stick out and sit back down onto the front of the seat. The knees should remain apart throughout. The movement is slow and controlled. Repeat 10 times, two to three times per day.



4. Lie on your back, knees bent and feet on the floor, hip distance apart. Engage the tummy and squeeze the buttocks. Lift the pelvis and bottom off the floor, hip, knee and shoulder all in a diagonal line. Hold the position for a count of five, continuing to squeeze the buttocks then lower slowly to the starting position. Repeat 10 times, two to three times per day.



5. Lie on a firm surface, legs together. Slide the affected leg out to the side as far as you can whilst keeping the pelvis and other leg still. Hold the position for a count of five and slide back in. Repeat 10 times, two per day.



6. Standing at a wall or a counter top, using the hands for balance. Lift the affected leg, knee to chest and replace. Repeat 10 times, two times per day.



7. Standing at a wall or a counter top, using the hands for balance. Take the affected leg out behind, squeezing the buttock. Do not allow the body to tip forward. The movement will be small. Replace the leg to the starting position. Repeat 10 times, two times per day.



8. Standing in front of a step (stairs), place the affected leg on the step and transfer the weight onto that leg without pushing off through the other leg. Straighten the knee. Keeping the affected leg on the step, slowly bend the knee, lowering the other foot to the floor and step off the step. Repeat 10 times,two times per day. The picture shows the arms outstretched in front, however, you can use the wall or a handrail for support if necessary.



Gradually

- Return to your normal activities
- Resume hobbies and sports

If you are unsure of when to progress your exercises, or you have any concerns about your injury please use the PHIO self-referral platform or scan the QR code below.



Do I need a fit note?

- If you're off work sick for seven days or less, your employer will normally ask you to complete a self-certificate for sick leave as soon as you return to work
- If you're off work sick for more than seven days your employer will normally ask for a fit note (or Statement of Fitness for Work) from your GP or hospital doctor
- You can read more information here <https://www.nhs.uk/common-health-questions/caring-carers-and-long-term-conditions/when-do-i-need-a-fit-note/>

Useful websites and resources

What should you know about joint health? What should you know about joint health? - <https://bodylogic.physio/what-should-you-know-about-joint-health/>

Accessing information and support to make healthy lifestyle choices

Online support:

Exercise

- <https://www.nhs.uk/live-well/exercise/?tabname=exercise-tips>
- <https://www.nhs.uk/conditions/nhs-fitness-studio>

Sleep

- <https://www.nhs.uk/live-well/sleep-and-tiredness/10-tips-to-beat-insomnia/>

Diet

- <https://www.nhs.uk/live-well/eat-well/>
- <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

Emotional well being

- <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。