



Hip Pointer

The hip joint is the second most mobile joint in the body next to the shoulder. The hip is composed of Ilium, Ischium, pubic and femoral bones. The Ilium is what most people refer to as the “hip” because it is the bony prominence at the side. The Ilium is important because it serves as an attachment of many muscles like the abdominals, the back muscles, the quadriceps and hamstrings.

The hip can perform many movements and because of its ability to move there is more of a chance of injury. There are many muscles, tendons, nerves, and ligaments around the hip. A Hip Pointer occurs with a direct blow to iliac crest, which bruises the bone and inflames the soft tissue causing severe pain from the muscle spasms. A person will have pain with walking and any trunk movement. Swelling and bruising will be localized to the hip, along with muscle spasms, and tenderness at the iliac crest.

Immediate management consists of Ice and Compression to limit the spread of the inflammation. Advil or Aspirin will also help reduce the inflammation. Surgery is rarely needed unless there is a fracture associated with injury. Once the patient can walk without pain, they can place a pad to protect the sensitive area. Therapeutic exercises to strengthen the thigh and trunk muscles will also aid in the recovery. If pain persists longer than 2 weeks without improvement, contact a physician for x-rays to observe the bony structures.

Highlights:

- The athlete will be in severe pain from the constant muscle spasms
- Walking will be extremely difficult from all the affected muscles
- Surgery is rarely needed, conservative management is the best medicine

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