

Hip Pain in Young Adults

What is causing my hip pain?

In most cases, your symptoms are unlikely to be caused by osteoarthritis (wearing of the joint). Your symptoms are likely to stem from a change in the soft tissues either within the hip joint (intra-articular) or surrounding the hip joint (extra-articular).

Common conditions seen in young adults include:

Intra-articular (within the joint)	Extra-articular (surrounding the joint)
Femoroacetabular impingement (FAI)	Trochanteric bursitis
	Adductor muscle strain/ tear
	Gluteal muscle strain/ tear
	Nerve irritation
	Muscle tendon stress
	Ligament strain/ pinch

If you experience hip pain following a traumatic event such as a fall or road traffic accident you should seek a medical opinion as soon as possible.

What are the common symptoms?

Your symptoms will present in different ways depending on which structure(s) are causing the issue. People usually report symptoms in their groin, outer part of hip, front of hip, back of hip and/or referring down the leg. Some people report symptoms of their hip 'catching' or 'clicking'.

Symptoms may be aggravated by prolonged sitting/standing, stairs, walking and/or running.

What can I do to address this?

Your symptoms can improve by following simple advice. Over the counter pain medication such as paracetamol or ibuprofen could help minimise the experience of pain. Losing weight (if you are overweight) would place less stress on the hip joint. Avoiding/minimising the duration or adapting the activity that aggravate your symptoms could also help. Exercises that do not aggravate your symptoms can improve your symptoms and positively impact on your day to day function (see below for examples).

What if this doesn't work?

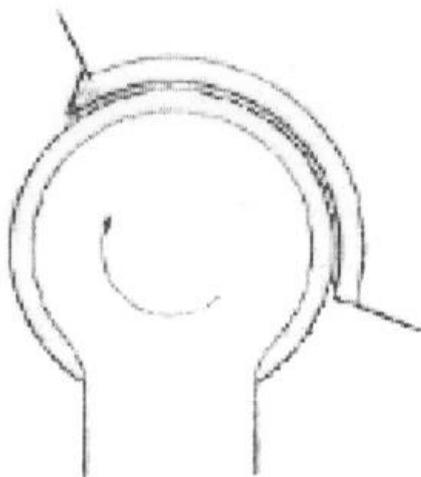
You should speak to your GP about your symptoms in the first instance. If appropriate, they may refer you for a course of Physiotherapy. A specialist assessment could then lead to an appropriate management plan.

Further information

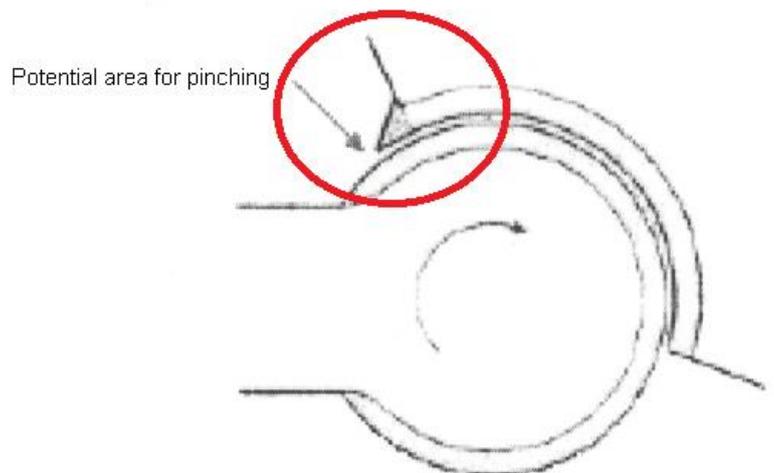
Femoroacetabular impingement (FAI)

FAI has only recently been understood and it is important to make an accurate diagnosis in order to offer the most suitable treatment. FAI is sub-categorised into 'Cam' and 'Pincer' impingement depending on the involvement of specific soft tissue structures. Regardless of the overall management approach (physiotherapy or surgery) it is important to minimise, adapt or avoid those activities that aggravate your symptoms for example long car journeys and extended time sitting. Simple strategies such as raising your seat height could help reduce your symptoms.

Hip extended (eg standing)



Hip flexed (eg sitting)



Trochanteric bursitis

Trochanteric bursitis is usually self-limiting in the vast majority of people. This means that by minimising/adaptation or avoiding those activities that bring on your symptoms you stand a good chance of your symptoms abating. Applying an ice pack (wrapped in a damp tea towel for 10-20 minutes at a time and reducing your body weight (to a healthy range) can also help.

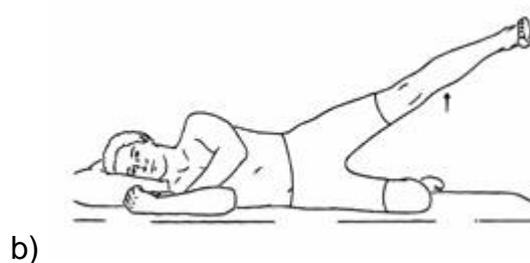
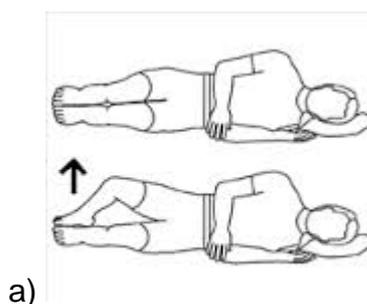
Gluteal Tendon Injury

Lateral thigh pain could be attributed to one of the tendons which originate from muscles at the back of your hip ('gluts') where it attached to the outer part of the thigh bone. It is more common in women than men due to a greater angle of the hip joint. It can also be caused

by an increase in physical activity were the fibres of the tendon are unable to cope with the stress placed through them. Avoiding those activities that aggravate your symptoms is the first step and this may involve avoiding sitting or standing cross legged. You may find relief from sleep with pillows between your knees when on your side or under your knees if sleeping on your back. A gradual strengthening program is highly recommended to improve the condition of the gluteal tendon.

Hip Strengthening Exercises

Start by trying exercise 'a' as seen below. Look to complete 10 repetitions in a slow and controlled manner 3 times with a rest in between. If this movement does not aggravate your symptoms then you may want to try exercise 'b' using the same number of repetitions. Stop if these movements aggravate your symptoms but you should expect your hip muscles to feel tired



If you have followed the information and advice in this leaflet and your symptoms are not improving or if they start to worsen it is important you speak to a medical professional.

Last Updated: August 2018

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