

Orthopaedic Connection

Snapping Hip

By Thomas J. Haverbush, M.D.
Orthopaedic Surgeon

Transforming patient information into patient understanding.

Orthopaedic Jeopardy

A condition known medically as Iliotibial Band Syndrome.

What is _____ a snapping hip?

It is the kind of problem that if you get it you will know you have it. You won't have to wonder.

Do you feel a snapping or popping on the outer side of your hip when you walk or rotate your hip? The condition is aptly named I think. So you can call it Snapping Hip not the other name. You don't want friends leaving you because you are getting too snooty.

Cause

It actually comes from around the hip, not in the actual joint. We have this big tendon band that goes from the outside of the knee up to the side of the pelvis.

It passes over the bony prominence of the upper thigh bone. If this area is working normally, you don't even know you have a bursa sac there. If the bursa gets inflamed friction builds up and the tendon pops over the bone which is painful and annoying.

Symptoms

The snapping sensation may be felt when the hip extends from a bent position as when you get up from sitting in a chair. Some people even feel it when they are lying with the affected side up and happen to move the leg. Then - snap!

It is a sort of a cousin of hip bursitis.

Everyone with hip bursitis does not have a snapping hip.

Who Gets It

I have seen snapping hip in all age groups from teenage to old age.

When To Call For Help

- If it becomes more than bothersome
- If it is painful
- If your hip seems to give out
- If you actually fall

How I Treat It

- Reassurance if it's not too bothersome
- At first Advil or similar for inflammation
- Stretching exercises may help
- Heat then ice
- Injection of steroid medication
- Avoid activities you think may have caused it
- Very rarely, surgery to release the band

What Else?

A rare condition known as labral tear deep in the hip joint could mimic it. True arthritis of the hip could also mimic it, but I could tell this on plain x-rays that I always take.

Office Website and Gratiot County Herald Archive

www.orthopodsurgeon.com and Your Orthopaedic Connection provide all the Orthopaedic and musculoskeletal information you need! And you can reach the Archive of all GCH previous articles through the website.

All past articles are listed by title and the complete text is available at the click of a mouse.

All of the information available concerns what I treat daily in the office and hospital. Log on and check it out.

Our goal is simple - to help people live more pain free functional lives. I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush

