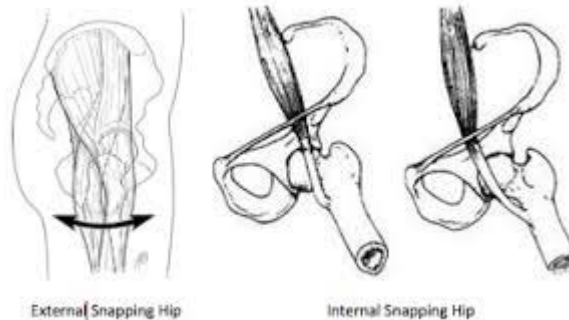


Orthopaedic Surgeon:
Henry G. Krull, M.D.

Hand and Wrist Specialist:
Edwin D. Vyhmeister, M.D.

Snapping Hip

Snapping hip is a condition in which you feel a snapping sensation or hear a popping sound in your hip when you walk, get up from a chair, or swing your leg around. The snapping sensation occurs when a muscle or tendon moves over a bony prominence about the hip. Although snapping hip is usually painless and harmless, the sensation can be annoying. In some cases, snapping hip can be painful.



Symptoms:

Snapping or popping and later pain, are the most common symptoms. Snapping hip can occur in several different locations where tendons pass over bone prominences.

- **External snapping.** The most common site of snapping hip is at the outer side where the iliotibial band, a thick fibrous sheet of tendon-like tissue, passes over the outer hip bone (greater trochanter). Eventually, snapping hip may lead to hip bursitis. Bursitis is thickening and inflammation of the bursa, a fluid-filled sac that allows the muscle to move smoothly over bone. usually occurs
- **Internal snapping.** Occurs when the main flexor tendon of the hip, the iliopsoas tendon, snaps over the front edge of the hip socket, causing snapping and occasionally pain in the front of the hip. The type of



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Soldotna, AK 99669
907-262-6454

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- snapping hip usually occurs with flexion and extension (bending and straightening) of the hip.
- **Intraarticular snapping:** Snapping that occurs due to a problem inside the hip joint, usually a loose piece of bone or cartilage, or labral tears.

Cause:

Snapping hip is most often the result of tightness in the muscles and tendons surrounding the hip. People who are involved in sports and activities that require repeated bending at the hip are more likely to experience snapping hip. Dancers are especially vulnerable. Young athletes are also more likely to have snapping hip. This is because tightness in the muscle structures of the hip is common during adolescent growth spurts.

Diagnosis:

A careful history and physical examination will typically make the diagnosis. Individuals can often reproduce the snapping in the office with certain hip maneuvers. Plain x-rays are often obtained and can show associated conditions, such as arthritis and occasionally loose bodies in the joint. MRI is sometimes needed to evaluate for causes of intraarticular snapping.

Treatment:

Most patients with snapping hip are initially treated nonsurgically. Treatment typically begins with:

- Activity modification. Avoid the activities that worsen symptoms.
- Non-steroidal anti-inflammatory drugs (NSAIDs). May relieve pain and inflammation.
- Physical therapy. Can help to stretch and strengthen the affected joint. Can be done at home, or under the supervision of a physical therapist.
- Steroid injection. Injection of a corticosteroid along with a local anesthetic may provide relief and help to diminish the inflammatory process. This procedure can be done in the office, often with ultrasound guidance, and may provide 2-3 months of symptom relief. If symptoms return, subsequent injections may be needed.



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- Injection of *biologicals* may also be considered. Biologicals include PRP (platelet rich plasma) and AmnioFix. Both of these injectables help to stimulate the body's own healing response.

Surgery:

Surgery may be recommended for patients who have worsening of symptoms, or failure to improve, despite appropriate nonsurgical treatment. Surgery is done in the ambulatory surgery setting, and may be done arthroscopically, or with an open incision.