

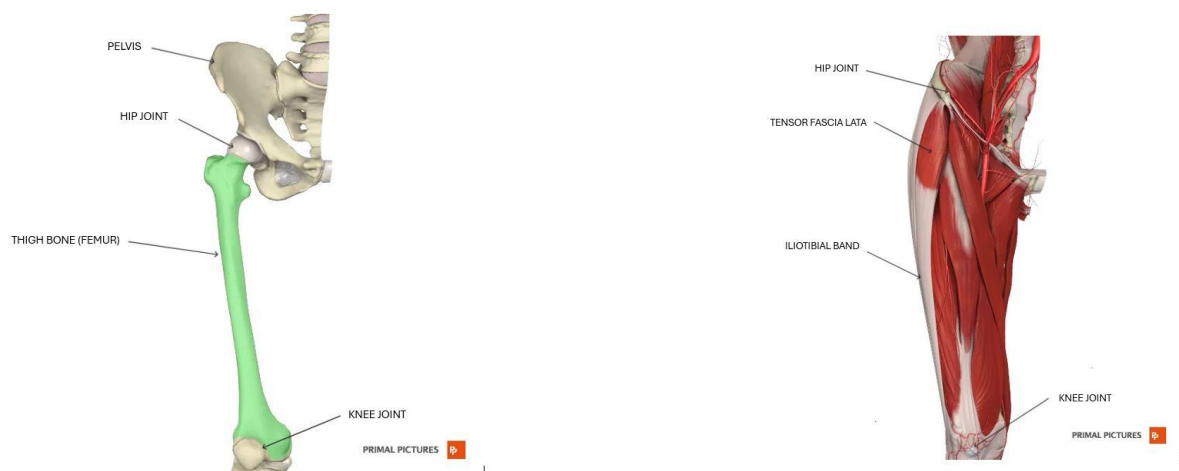
Patient information

Snapping Hip

What is snapping hip?

Hip pain can make it hard to walk, go up and down stairs, squat, or sleep on the side that hurts. A clicking or snapping feeling or sound around your hip joint (snapping hip) may bother you or cause you to worry. However, in many cases the click or snap is nothing to worry about.

Snapping hip is a common condition and in most cases is easy to treat with education, advice and exercises provided by a Physiotherapist.



Snapping hip syndrome has three primary causes:

The most common cause involves the Iliotibial band or IT band, which is a thick, wide tendon that runs over the outside of the hip joint. Snapping hip syndrome occurs when the Iliotibial band moves over the bony prominence on the outside of the hip joint. People who experience this may also develop Trochanteric bursitis from the irritation of the soft tissue structures in this region.

Another cause for snapping hip can be from the Iliopsoas tendon. This can catch on a bony prominence of the pelvis and cause a snapping sensation when the hip is flexed. When the iliopsoas tendon is the cause, patients typically experience no symptoms other than the annoying sensation.

The least likely cause of snapping hip involves a tear in the cartilage (labrum) of the hip joint. This type of snapping usually causes pain and a reduction in movement at the hip. In addition, a loose piece of cartilage can cause the hip to catch or lock.

Treatment and advice:

- Rest from activity and use of ice in the acute stage.
- Discuss activity and exercise modification with your Physiotherapist.
- Consider massage and/or foam rolling to the area.
- Consider posture in standing– are you keeping weight evenly on both feet. Are you holding your school bag on one side?
- Local stretches and strengthening work.

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