

Hip Pain/Bursitis



Centre for Chiropractic & Sports Rehabilitation

An integrative, biomechanical approach to the everyday sports and spinal injuries.

We treat lots of hip pain at CCSR! Most often, patients experience pain centred on the outside of the hip that radiates in all directions. This pain often disrupts sleep and frequently causes discomfort while walking.

Hip pain is often caused by bursitis; a condition in which muscles in the hip become so tight that they put pressure on a bursa (fluid-filled sacs which cushion a joint). The hip has two bursae: the deep trochanteric bursa, which lies deep within the musculature of the hip; and the superficial trochanteric bursa, which rests outside the hip muscles. Either of these bursae will become inflamed when the muscles surrounding them tighten.

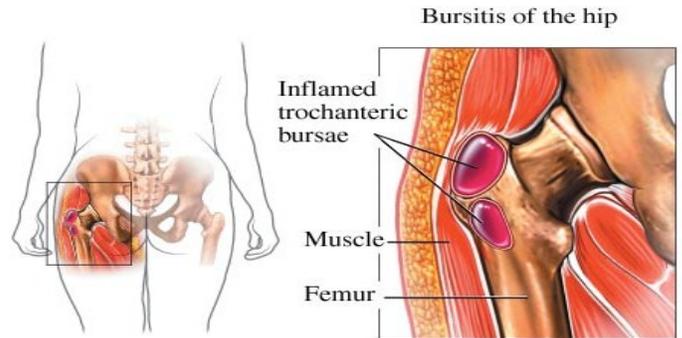


Figure 1: Bursitis of the Hip

Tight musculature is not just the cause of bursitis pain; it is the root cause of all hip pain! For example, patients may experience pain in the front of their hip through the hip flexor or the iliopsoas muscle group. Patients who experience this sort of pain will always have inflexible glute muscles. The hip flexors/iliopsoases are an antagonistic muscle group to the glutes, which means that they work in tandem and what happens to one affects the other. So, when a patient has poor glute flexibility, the hip flexors and iliopsoases compensate. The end result is that they do more work than was ever intended for them to do, and they become tight and painful in the process. In short, hip pain almost always stems through tight trigger points in the musculature of the hips.

If hip pain is caused by tight musculature, then it is essential that you understand *why* that musculature is tight! Unfortunately, much of this tightness is an inevitable result of walking, as walking causes a significant load of body weight on the hip, glutes, and iliopsoases. This is further worsened by the human tendency to load our weight on one leg or another while in a standing position. A significant load of body weight is now supported by just one hip joint; a load it was never intended to take! The body reacts by contracting tissues and causing stiffness. If left untreated, this stiffness will eventually cause joint compression, failure or muscle function, a sciatica-like pain that radiates down the leg, and arthritis of the hip and leg joints. Fortunately, this progression can be stopped through a patient's commitment to treatment with our practitioners, home treatments, and a few lifestyle modifications.

Treatment at CCSR

At CCSR, our goal is to reduce stiffness and pain in your hips through trigger-point therapy, soft-tissue work, active release, friction massage, low-level laser therapy, and stretching. These research-based treatment styles are combined with education: as a patient at CCSR, you will learn proper posturing and good biomechanics (body-mechanics) that will allow you to alleviate mechanical tightness in the hips.

Home Treatment

Home-treatment to heal hip pain will focus on improving flexibility, mobility, and function in the pelvic muscles: the glutes, hip flexors, and iliopsoases. **It is integral that you stretch every part of your hip, not just the part that's in pain!** Below are a series of stretches that patients will be prescribed to do at home. Your success with these stretches may be limited at first, but with daily practice they will become easier, and you'll notice great improvements!

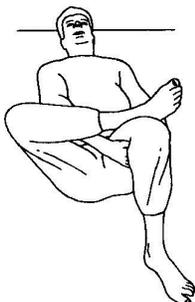


Figure 2: Stretching the glutes



Figure 3: Stretching the hip flexors



Figure 4: Stretching the IT band