

Hip pain

Information for Patients



This leaflet has been written to give you the right information about Hip pain and what you can do to help with your recovery.

What does my hip hurt?

Hip problems are common. It can sometimes be concerning if it is very sore, but it is rarely because of anything serious. Discomfort usually comes from irritated tissues such as tendons or muscles or in some cases, the hip joint.

What causes hip pain?

Most hip problems are things that develop with no obvious cause. In some cases, a change in activity can contribute to a hip issue e.g. standing up or walking for long time, starting a new job or doing more or less physical work than might be normal for you.

What are the common symptoms?

Pain: Discomfort is often felt in the groin or sometimes towards the buttock and/or the front of the thigh.

Stiffness: Your hip may feel stiff or tight. This might mean that getting up first thing in the morning is more work or putting your shoes and socks on might be a bit more of a challenge.

Noises: Clicks, pops, clunks and grinds are very normal in all joints, including your hip, and in most cases are nothing to worry about.

What can I do to help myself?

Calm it down: Often the best place to start with any painful complaint is to try and calm it down. In a lot of cases there will be things your hip likes to do and some things that it is less happy to do after your symptoms started. Calming it down simply means looking at the things it doesn't like and trying to make some adjustments or changes to make it easier for yourself. For example, your hip might get more tired or painful than it used to if you're on your feet or it might be sore crossing your legs. It might be that taking more breaks and introducing some time off your feet or trying not to cross your legs might make life a little easier whilst your hip is unhappy.

Get your hip moving: Movement is medicine for your body. Any movement is good movement, even if it is sore, however if something is really painful then working around that movement is sensible.

Your hip is strong and that won't have changed since your symptoms started. Although it is sore, it remains robust and moving your leg as early as you can, can help improve your chances of a better overall outcome.

Will it get better?

For most people, hip pain will not be a pleasant experience but reassuringly, it does have the potential to get better. By understanding the issue as best you can and by adjusting what is sore to then allow you to explore some exercise/s, is often the best formula for success.

If you would like to know more about hip pain or find a greater choice of exercises, you can explore our dedicated webpage.

Search online: [Norfolk and Waveney MSK services](#) 'hip pain'

Exercises



Standing: Place a chair behind you. Slowly lower your bottom down to the chair, briefly touch your bottom to the chair (do not sit down) and rise up.

Aim to complete 8-12 times for 3 sets. Complete every other day.



Lying on the bed or floor. Lift your bottom off the bed/ floor and slowly lower.

Aim to complete 8-12 times for 3 sets. Complete every other day.



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