

# HIP PAIN – Let's Understand

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The hip joint can withstand repeated motion and a fair amount of wear and tear. This ball-and-socket joint – the body's largest – fits together in a way that allows for fluid movement. The hip joint is an inherently stable joint as compared to the shoulder joint. Whenever you use the hip (for example, by going for a run), a cushion of cartilage helps prevent friction as the hip bone moves in its socket. Despite its durability, the hip joint isn't indestructible. With age and use, the cartilage can wear down or become damaged. Muscles and tendons in the hip can get overused. Bones in the hip can break during a fall or other injury. Any of these conditions can lead to hip pain.



If your hips are sore, here is a rundown of what might be causing your discomfort and how to get hip pain relief.

## Causes of Hip Pain Avascular Necrosis Osteoarthritis and Rheumatoid arthritis



These are some of the conditions that commonly cause hip pain:

- Avascular Necrosis Osteoarthritis
- Rheumatoid arthritis

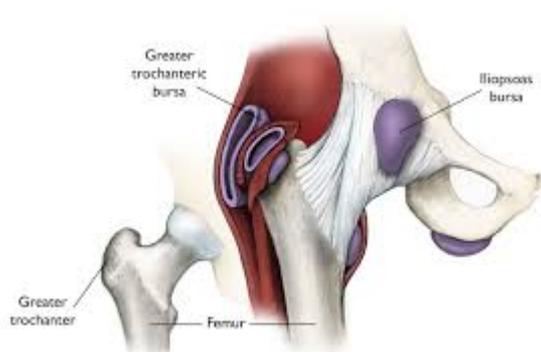
These are among the most common causes of hip pain, especially in adults. Arthritis leads to inflammation of the hip joint and the breakdown of the cartilage that cushions your hip bones.

The pain gradually gets worse. People with arthritis also feel stiffness and have reduced range of motion in the hip. Sometimes Pain from the Spine ( Back) might also be referred to the hips. It is also of utmost importance to understand that Hip pain may also be referred to the knees and patients often present with knee pain and this misleads the doctors and the patients as well.

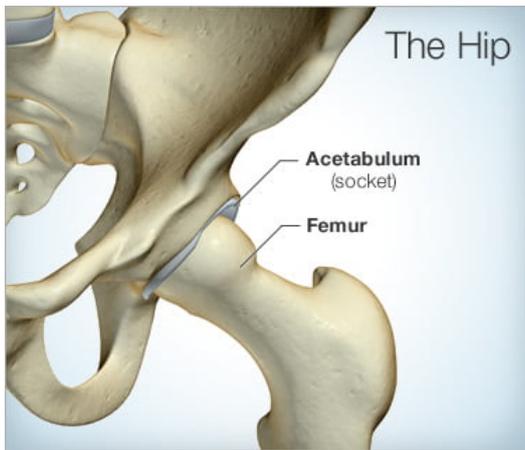
Hip Fractures – With age, the bones can become weak and brittle. Weakened bones are more likely to break during a fall.

Sometimes even in trivial trauma patients may present with a fracture.

Bursitis: Bursae are sacs of liquid found between tissues such as bone, muscles, and tendons. They ease the friction from these tissues rubbing together. When bursae get inflamed, they can cause pain. Inflammation of bursae is usually due to repetitive activities that overwork or irritate the hip joint. Bursitis is also common in and around greater trochanter which is the bony prominence around the upper thigh.



Tendinitis: Tendons are the thick bands of tissue that attach bones to muscles. Tendinitis is inflammation or irritation of the tendons. It's usually caused by repetitive stress from overuse.



Avascular Necrosis: Avascular necrosis occurs when blood flow to a bone is interrupted or reduced. Reduced blood supply can be caused by: Joint or bone trauma. An injury, such as a dislocated joint, might damage nearby blood vessels. This leads to painful hip joints. Hip joint avascular necrosis also may be attributed to alcohol intake and also on prolonged intake of steroids Muscle or tendon strain.



Repeated activities can put strain on the muscles, tendons, and ligaments that support the hips. When they become inflamed due to overuse, they can cause pain and prevent the hip from working normally.

One must not take any hip pain lightly and we make sure to consultant a specialist and take it from there.