

## Hip Pain in Adults



### Patient Information Leaflet

#### What is hip pain?

Hip pain is discomfort felt in or around the hip joint. Pain may be felt:

- In the **groin**
- On the **outer side of the hip**
- In the **buttock**
- Sometimes down the **thigh or knee**

Hip pain can come on suddenly after an injury or develop gradually over time.

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## Common causes of hip pain

Hip pain is often caused by problems with the muscles, joints, or surrounding tissues. Common causes include:

- **Osteoarthritis** – wear and tear of the hip joint
- **Muscle or tendon strain**
- **Hip bursitis** – inflammation of fluid-filled sacs around the hip
- **Tendon problems (tendinopathy)**
- **Referred pain** from the lower back
- **Previous injury or surgery**
- **Overuse or repetitive activities**

Less common causes include inflammatory arthritis, stress fractures, or infections.

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## Symptoms you may experience

- Pain in the groin, thigh, buttock, or outer hip
  - Stiffness, especially in the morning or after resting
  - Reduced movement or difficulty walking
  - Clicking, catching, or locking sensation
  - Pain when standing, walking, climbing stairs, or lying on one side
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## What can help hip pain?

Most hip pain improves with **simple self-management and physiotherapy**.

### Stay active

- Gentle movement helps reduce stiffness and pain
- Avoid long periods of rest or bed rest
- Modify activities rather than stopping them completely

### Exercise

A physiotherapist may recommend:

- Strengthening exercises for hip and leg muscles
- Stretching exercises to improve flexibility
- Balance and walking exercises

### **Pain relief**

- Paracetamol may help reduce pain
- Anti-inflammatory medication (e.g. ibuprofen) may help if suitable
- Always follow advice from your GP or pharmacist

### **Heat or ice**

- **Heat** can help stiffness and muscle tightness
  - **Ice** can help pain and inflammation after activity
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### **Lifestyle advice**

- Maintain a healthy weight to reduce stress on the hip joint
  - Wear supportive footwear
  - Avoid sudden increases in activity
  - Use pillows for support when sleeping if lying on the painful side
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### **When to seek medical advice urgently**

Seek urgent medical help if you have:

- Sudden severe hip pain after a fall or injury
  - Inability to weight-bear or walk
  - Fever, redness, or swelling around the hip
  - Night pain that does not improve
  - Unexplained weight loss or worsening pain
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### **Physiotherapy and recovery**

Most people improve within **weeks to months** with appropriate exercise and advice.

Physiotherapy can help by:

- Identifying the cause of your hip pain
  - Providing tailored exercises
  - Improving movement, strength, and confidence
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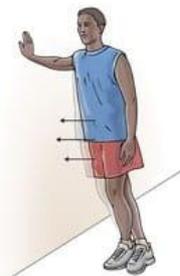
## Trochanteric Bursitis Rehabilitation Exercises



Gluteal stretch



Iliotibial band stretch (standing)



Iliotibial band stretch (side-leaning)



Straight leg raise



Prone hip extension



Side-lying leg lift



Wall squat with a ball



Clam exercise

**Further advice**

If your pain does not improve or worsens, speak to your GP or physiotherapist. Imaging (such as X-ray or MRI) is not always needed and is only recommended in certain situations.