

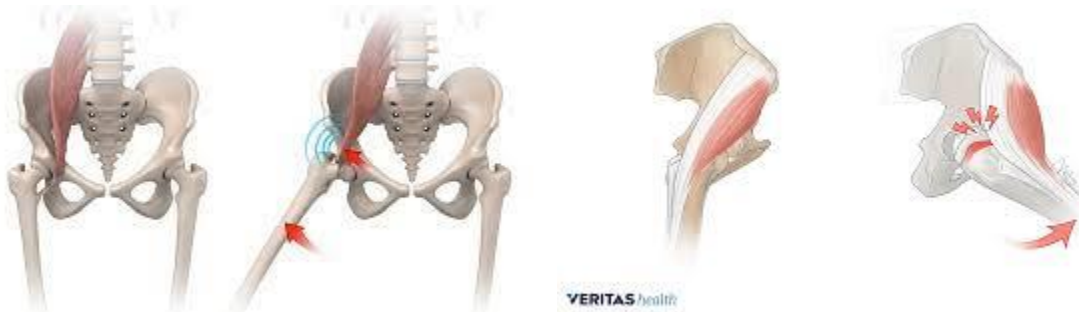


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## *Snapping Hip Syndrome*

### **What is it?**

Snapping Hip Syndrome is a condition in which you can hear or feel a “*snap*” at the hip. Some people feel like their hip is dislocating. Snapping Hip Syndrome can be caused by two main problems: either from 1) *outside* the hip joint or 2) from *deep inside* the hip joint. The most common causes from outside the hip joint are *Iliopsoas tendon* snapping over the front of the hip joint & pelvis and the *IT band* snapping over the later hip at the greater trochanter. Snapping Hip Syndrome can also be caused by problems inside the hip joint, such as intra-articular loose bodies or labral tears.



### **What causes it?**

Many times, we don’t know why some patients get Snapping Hip Syndrome. However, it is commonly seen in patients who perform daily tasks or sports that require frequent extreme rotations of the hip joint (ie. dancers, gymnasts, runners, etc.). Also, sometimes patients can have inflammation or hypertrophy of the Iliopsoas muscle/tendon or IT band.

### **How is it diagnosed?**

Snapping Hip Syndrome is usually diagnosed by history and physical exam. However, MRI and Ultrasound can also be used for further evaluation.

### **Treatment:**

Most causes are treated conservatively:

- Physical Therapy & Yoga – stretching, strengthening of the hips/pelvis
- NSAIDs
- Cortisone injection – of the joint or surrounding tendons
- Surgery – if conservative management fails

### **When can I return to sports?**

Return to sport is predicated on being able to perform sport specific movements pain free. The timing of return can be expedited with a true period of rest and slow build-up back to activity through modification and physical therapy. After symptoms resolve, and increased importance should be placed on warm-ups and stretching to avoid recurrence.