

SNAP, CRACKLE, POP! OH THAT WAS MY HIP!

October is National Physical Therapy Month and each Sunday in October we will answer the top four most common questions asked of us as seasoned manual (hands on) physical therapists. What is the difference between Spinal Stenosis (SS) or Degenerative Disk Disease (DDD) was the first question answered. The second question was how I can have Tennis or Golfer's elbow if I do not play tennis or golf. This week as we celebrate National Physical Therapy Month we will answer the question about your snapping hip.

Snapping hip syndrome refers to an often pain free snapping or popping sensation that occurs in the front, side, or back of your hip when you forcefully lift, lower or swing your leg. The snap occurs when the muscle, tendon or ligament rolls over a bony prominence in the hip as a result of excessive use causing fatigue/weakness, tightness or swelling/inflammation. Mal-alignment (imbalance of boney positioning) of your lumbar spine, sacroiliac joint (SIJ), pelvis or hip is likely present. The source of the problem is a muscle imbalance/dysfunction in the iliopsoas, quadriceps, hamstrings or the iliotibial band (ITB).

When there is pain associated with the snapping, the pain usually ceases when the movement causing the snapping is stopped. Most commonly the snapping is felt when kicking the leg forward or to the side, when bringing the leg behind the body, when rising from a chair or when rotating the body or the leg. Walking in a straight line and running are typically snap-free and pain free, although in some people these activities are limited by the inflammation causing pain of the structure that is snapping.

Though every day activities that require repeated forceful leg motion can cause the snapping, athletic activities such as track and field, soccer, horseback riding, cycling, gymnastics and dance can also trigger this condition.

Snapping hip syndrome can be prevented by wearing shoes that are in good condition and fit well and learning from us how to:

- warm up the front, back and side of your hip before heavy physical activity or before starting a sport
- maintain good physical conditioning
- gradually increase intensity of the desired activity or sport

Early Intervention Speed your Recovery. Waiting for the snapping to go away is not a good option. If you cannot manage your pain with icing for 20 minutes every hour or at least 4 times in a day over 3 days, then you know it is time to give us a call and make an appointment.

When you have your **initial evaluation** session with us a review of your medical history, surgeries, medications and a thorough physical examination will be performed of the low back, SIJ, pelvis, hips and knees. A series of specialized movement tests will be provided to help pinpoint the precise source of your pain. We can identify if there is an alignment issue, scar tissue, fracture, ligament or cartilage

injury, tendonitis, bursitis, impingement, a pinched nerve, a tear or muscle imbalance causing dysfunction.

The physical examination helps us develop a **personalized treatment plan** for the physical therapy office setting and for at home. Your treatment plan will include Pain/Primal Reflex Release Techniques (PRRT) (see our June 3 article), Graston (see our June 24 article) and other manual therapies to reduce soft tissue restrictions and your pain. For most, pain is reduced at least 50 percent at the end of the first session. Modalities such as biofeedback, ice, heat, iontophoresis, ultrasound and electrical stimulation may be used to help manage pain and inflammation while pain free movement is restored with therapeutic exercise, functional training and postural correction. As always, our focus is on getting your pain and difficult function under control as you learn self-care and home exercise techniques to reach your goals.

If you are interested in having us help you with your pain or difficult function then contact us at (585) 396-1400. You can also email us at Zoe@lakecountrypt.com or Robert@lakecountrypt.com. For more information about Lake Country Physical Therapy and Sportscare, PC, visit us at www.lakecountrypt.com.

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