

Snapping Hip Syndrome

What is it?

Where the hip feels like it's snapping or popping when it's moved backwards or forwards

What causes it?

Tension and tightness in IT band, buttocks and/or hip flexor muscles.

Symptoms

Snapping or popping feeling. Pain or discomfort.

Top Tips

Do regular stretch or yoga exercises to maintain flexibility and reduce tension and tightness.

How to Treat it

RICER. Anti-inflammatories. Painkillers if necessary.



Rehab

Stretching, mobility and strengthening exercises for muscles around the hip. stretching and strengthening the muscles of the hip. Muscle balance between extensor and flexor muscles.

Definitions

IT band – iliotibial band, running from hip to knee on outer thigh

RICER – rest, ice, compress, elevate, refer

Hip Flexors – muscles in the mid and lower back, pelvis, hip and top, front of thigh

Hip Extensors – muscles in the buttocks and hamstrings/back of thigh

Associated Conditions

- Hip Flexor Strain,
- Piriformis Syndrome,
- Iliopsoas Tendinitis,
- Tendinitis of Adductor Muscles,
- Trochanteric Bursitis

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com