Hip & Groin Pain

Conditions we treat
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* Osteoarthritis (OA)
* Femoroacetabular Impingement (FAI)
* Labral tears
* Bursitis
* Tendonitis
Osteoarthritis (OA)

- Condition in which the joints of the body becomes damaged, stop moving freely and become painful\(^1\). It is the most common form of arthritis in the UK\(^1\).
- 8.75 million people in the UK have sought treatment for osteoarthritis\(^1\):
  - 4.7 million (18% of total UK population): Knee
  - 2.1 million (8% of total UK population): Hip
- Affects 18% of women and 9.6% of men aged over 60 years worldwide\(^2\)

Most likely factors for developing OA

* **Causes:**
  * Late 40s or over
  * Females are more likely than males
  * Hereditary
  * Overweight
  * Previous joint injury
  * Physically demanding job with repetitive movements
  * Joint damage from another disease

Femoroacetabular Impingement (FAI)

- Abnormal shape of the hip
- Approximately 30% of the general population
- Can give rise to groin pain and it increases the risk of developing arthritis over 20 years
- 90% of professional footballers have this abnormal hip shape

Causes:
- There is no definite cause as of right now, but trials such as FAIT and FAIM are studies to find out more (see ‘Our Studies’ section for more detail about these trials)
- Current theory is that the hip shape changes as a result of stresses to the growing bone during adolescent years

Labral tears

* Creates pain, stiffness, and other disabling symptoms of the hip\(^5\)
* Pain in the front of the hip and/or groin accompanied by clicking, locking, or catching of the hip
* Active adults between ages 20 and 40 are affected the most

Causes:
* Injury
* Abnormal shape of the hip
* Repetitive pivoting motions\(^5\)

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Bursitis

* A bursa is a fluid-filled sac which forms under the skin, usually over the joint and acts as a cushion between the tendons and bones\(^6\)
* Bursitis is inflammation and swelling of a bursa
* Creates pain, swelling and tenderness in the affected area

* Causes:
  * Injury
  * Repetitive movement
  * Increased risk from regularly participating in physical activities
  * Less common: infection or a complication from other joint diseases\(^6\)

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Tendonitis

* Tendons are strong bands or cords of tissue that attach muscle to bone
* Tendonitis is an inflamed or painful tendon
* Pain is caused by small tears in the surrounding tissue or gradual deterioration of a tendon where it connects to the bone

* Causes:
  * Injury
  * Repetitive movements
  * Tends to be more common in people with diabetes

Please return to the main page and click on, ‘Treatments’ to learn more about how we treat hip and groin pain.