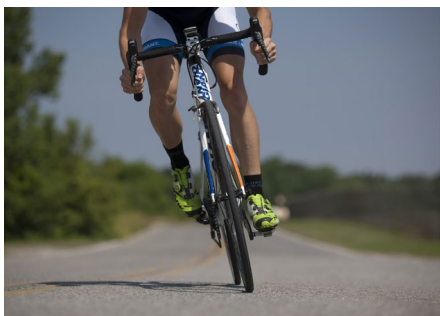


# Patient Information: Hip Pain (Proximal Hamstring Strain, Greater Trochanteric Pain)



## What are common sources of hip pain?

- Proximal hamstring strains (injury to the muscle on the back of the leg) and greater trochanteric pain syndrome (irritation of the structures on the outside of the hip)
- Other causes include osteoarthritis, labral tears, and hip flexor strains/tendinitis



## What are the symptoms of common hip problems?

- Proximal hamstring strain
  - Buttock pain that worsens with activity, sitting, climbing stairs
  - Tightness or pulling in the back of the thigh
- Greater trochanteric pain syndrome
  - Pain on the outside of the hip that can worsen with pressure (such as laying on that side), or repetitive motion (running)

## How are hip problems diagnosed?

- Your physician will evaluate your hip and pelvic strength and stability, and check for palpable areas of pain
- Musculoskeletal ultrasound can be used to evaluate soft tissue swelling and inflammation
- X-rays may be taken to evaluate your hip bones
- An MRI may be obtained to further evaluate your muscles, tendons, ligaments, and cartilage



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## How are hip problems treated?

- Treatment for proximal hamstring strains and greater trochanteric pain syndrome is generally non-surgical
- Acute care involves avoiding activities that cause pain, ice, and anti-inflammatory medication
- Treatment may also involve anti-inflammatory injections to the irritated areas
- Physical therapy (PT) is important to resolve hip issues and prevent recurrence- PT focuses on strengthening the hip, pelvic, and core muscles to take stress off of inflamed tendons and bursa (structures that cushion the joint)
- Your physical therapist can also perform a biomechanical assessment and gait retraining to prevent return of symptoms

## How can I prevent hip problems?

- Maintain good hip, pelvic, and core strength with exercises such as planks, squats, and glute bridges
- Warm up and stretch prior to exercise, and do a cool down stretch at the end



## Where can I learn more about hip problems?

- Hamstring strain- OrthoInfo:  
<https://orthoinfo.aaos.org/en/diseases--conditions/hamstring-muscle-injuries/>
- Hip bursitis (greater trochanteric pain)- OrthoInfo:  
<https://orthoinfo.aaos.org/en/diseases--conditions/hip-bursitis/>
- Hip rehabilitation exercises-OrthoInfo:  
<https://orthoinfo.aaos.org/en/recovery/hip-conditioning-program/hip-pdf/>
- Yoga for hip pain- Yoga with Adriene:  
<http://yogawithadriene.com/6-minute-yoga-for-hips/>

To schedule an appointment, visit the Steward St. Elizabeth's Sports Medicine website at: [semc.org/services-directory/orthopedics/sportsmedicine](http://semc.org/services-directory/orthopedics/sportsmedicine)  
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