



# Hip Pain



The hip joints connect our legs to our pelvis, and subsequently transfer a lot of motion up the body. If the biomechanics of our feet are unstable or incorrect, then it is quite possible that the hips may suffer as a result of this excess motion.

## What Causes It?

As with most injuries or pain, the cause can either be an acute injury, where the pain will appear suddenly, or an overuse injury where the pain will gradually worsen with time.

As podiatrists we generally deal with the overuse injuries, because these are very often due to abnormal foot biomechanics.

One common overuse injury of the hip is greater trochanteric bursitis.

## Greater Trochanteric Bursitis.

The greater trochanter is a bony structure located within the hip joint and associated bursa, which is a fluid-filled sac that helps lubricate the joint.

This bursa can become inflamed and painful, and the tendons around the area may also become involved.

The cause of this condition is usually an unstable or poorly aligned pelvis, and therefore treatment often involves orthotics to stabilise the motion of the feet, legs and pelvis. Also involved in treatment are rest, stretching and strengthening exercises. Visiting a chiropractor or physiotherapist may also be necessary.