

Patient information

Snapping Hip

Snapping hip is a common condition and in most cases is easy to treat with basic care and exercises provided by a Physiotherapist.

Hip pain can make it hard to walk, go up and down stairs, squat, or sleep on the side that hurts. A clicking or snapping feeling or sound around your hip joint (snapping hip) may bother you or cause you to worry however if your hip is not painful, in many cases the click or snap is nothing to worry about. Home treatment may be all that is needed for minor hip symptoms.

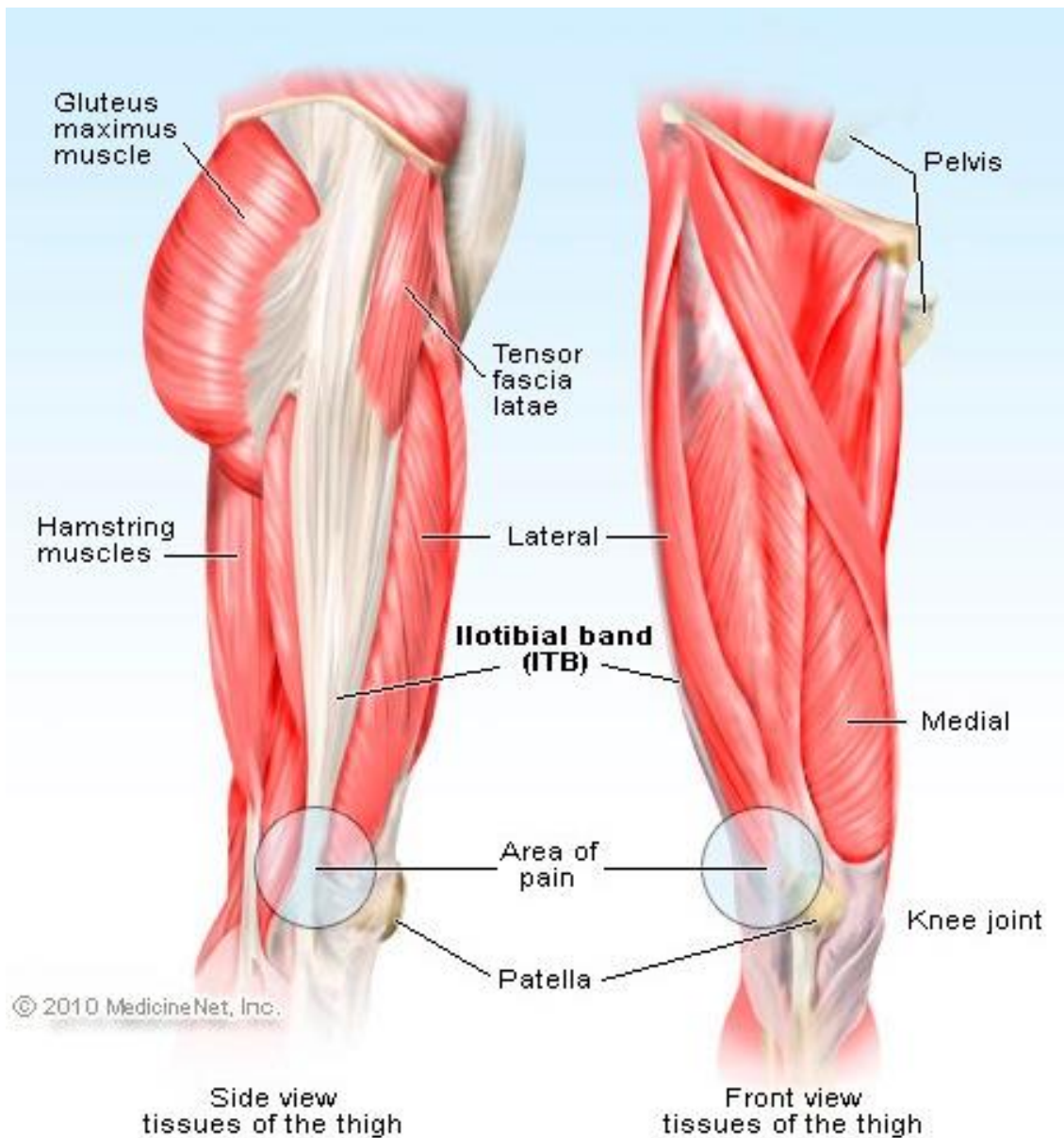
How does snapping hip develop?

Snapping hip syndrome has three primary causes:

The most common cause involves the **Iliotibial band or IT band** which is a thick, wide tendon that runs over the outside of the hip joint. Snapping hip syndrome occurs when the Iliotibial band snaps over the bony prominence over the outside of the hip joint. People with this type of snapping may also develop **Trochanteric bursitis** from the irritation of the bursa in this region.

The second cause for snapping is the **Iliopsoas tendon** which can catch on a bony prominence of the pelvis and cause a snap when the hip is flexed. When the iliopsoas tendon is the cause of snapping, patients typically experience no problem other than the annoying snapping.

The third and least likely cause of snapping involves a tear in the hip cartilage or bone debris in the hip joint. This type of snapping usually causes pain and may be disabling. In addition, a loose piece of cartilage can cause the hip to catch or lock up.



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