



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Helping Hand™

Health Education for Patients and Families

Sports Medicine: Hip Pointer (Iliac Crest Contusion)

A hip pointer is a bruise to the bone on the side of the hip called the iliac crest. It is usually from a direct hit to the hip. Bruises cause bleeding from small blood vessels that split, allowing blood to leak into the muscles, tendons, or other soft tissues. The iliac crest is not well protected, with little soft tissue covering it, so it is prone to this injury.

Signs and symptoms

- Swelling, pain, and tenderness on the side of the hip
- Bruising over the site of injury
- Pain is often worse the day after the injury
- Limping or pain with walking

Increased risk

- Contact sports (football, hockey, soccer)
- Poor protection of exposed areas during contact or impact
- Having a bleeding disorder, or using certain medicines like blood thinners (anticoagulants) or nonsteroidal anti-inflammatory medicines that increase risk of bleeding

Treatment

- Medicine
 - Anti-inflammatory medicines like ibuprofen (Motrin® or Advil®) or naproxen (Aleve®) may be recommended. Take these as directed by your doctor or health care provider and do not take the first 3 days after injury.
 - Other minor pain relievers like acetaminophen (Tylenol®) may be taken.

- Use of cold and heat starting 2 days after injury
 - Cold should be applied for 10 to 15 minutes every 2 to 3 hours and after any activity that makes symptoms worse. Use ice packs or an ice massage and raise the foot and ankle at or above heart level to reduce swelling.
 - Heat may be used before doing stretching and strengthening activities ordered by your doctor, health care provider, or athletic trainer. Use a heat pack or a warm soak. Apply for 10 to 15 minutes.
- Rest
 - Decreasing or stopping painful activity may be necessary to protect the hip from further trauma and allow the injury to heal.
- Exercises
 - Exercises to stretch and improve strength and flexibility of the hip are helpful. These can be done at home, but often a referral to a physical therapist or athletic trainer may be advised by your health care provider.
- Orthopedic aids
 - A special pad cut to protect the pelvis and reduce pressure over the injury site is often used.

How to prevent

- Wear proper protective equipment and make sure it fits correctly.
- Limit use of anticoagulants, aspirin, or other nonsteroidal, anti-inflammatory medicine.

When to call the doctor

Call your doctor, health care provider, or the **Sports Medicine team** at **(614) 355-6000** if:

- Symptoms get worse or do not improve in 2 weeks, despite treatment
- New, unexplained symptoms develop
- Side effects with the use of some drugs used in treatment

To schedule an appointment with Sports Medicine, visit [NationwideChildrens.org/SportsMedicineScheduling](https://www.nationwidechildrens.org/SportsMedicineScheduling) or scan this code with your camera phone.

