



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

Helping Hand™

Health Education for Patients and Families

Sports Medicine: Snapping Hip Syndrome

Snapping hip syndrome is caused by tendons snapping over bony bumps (prominences) in the hip. One type of snapping occurs when the iliotibial band (ITB) snaps over a bony bump (greater trochanter) on the outside of the hip. This is called external snapping hip. The other type is called internal snapping hip and involves the iliopsoas tendon. This tendon is one of the major hip flexors. Bending and straightening the hip over and over may lead to swelling (inflammation) of the tendon as it passes a bony area inside the hip.

Signs and symptoms

- Snapping of the hip, often painless, felt on the outside or front of the hip or in the groin
- Tenderness over the front or outside of the hip

Increased risk

- Endurance sports (distance running, triathlon, race walking)
- Activities that require bending, lifting, or climbing
- Tight hip muscles

Treatment

- Medicine
 - Anti-inflammatory medicines like (Motrin® or Advil®) or naproxen (Aleve®) may be recommended. Take these as directed by your health care provider.
 - Other minor pain relievers like acetaminophen (Tylenol®) may be taken.
 - A steroid injection to the area around the tendon can decrease pain and inflammation.

- Use of cold and heat
 - 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 prescribed by your doctor, health care provider, or athletic trainer. Use a heat pack or a warm soak. Apply for 10 to 15 minutes.
- Rest
 - Resting from physical activity may help decrease pain.
- 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.

How to prevent

- Allow enough time for rest and recovery between practices and competition.
- Use proper technique.
- Do proper warm up and stretching before practice or competition.
- Maintain proper conditioning, hip, pelvis, and trunk strength, flexibility, endurance, and cardiovascular fitness.

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, even with treatment.
- New, unexplained symptoms develop.

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

