

Orthopaedic Connection

Hip Pain, The Sequel

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Transforming patient information into patient understanding.

Last week in our discussion I was strongly trying to make the point that hip pain is not always from true arthritis. Arthritis of the hip to Orthopaedic Surgeons is a very specific condition in which the ball and socket begin to show definite changes on plain x-rays (not MRIs) as a rule.

The second of the Big Three causes of hip pain is bursitis/tendinitis. It might be a toss up which causes more pain around the hip, bursitis/tendinitis or a bad back with referred pain to the hip.

Very Common Cause

Actually I have covered this cause before in another article. It also goes by the name Greater Trochanteric Bursitis. The bursa sac and close by tendons get very irritated and inflamed caused by wear and tear changes over time.

Most of my patients are surprised (and relieved) to hear their plain x-rays look normal and their real problem is coming from tissues to the side of the joint. A steroid injection is in most cases very helpful. Physical Therapy is prescribed at times as an effective treatment.

True Arthritis

The cause nobody wants to hear is actual arthritis (or osteoarthritis, same thing) of their hip joint. As a condition it has been well covered by other articles I have written that you can consult in the Gratiot County Herald Archive of articles.

Besides pain, it's hallmark is stiffness in the hip. "It's hard to put my socks on." Treatment is described in the other articles that are easily found.

Very Unusual Causes

I also have to consider very unusual causes of hip pain that often are discovered only by special MRI studies and arthroscopic surgery.

Cancer that has spread to the bone and stress fractures must also be considered for completeness, but are very unusual causes.

This is a short but very good review of hip pain. It is a confusing area for primary care physicians.

The source of the problem must be identified correctly. I would be happy to do this for you if you are having these symptoms.

Gratiot County Herald Archive and Office Website

What if I told you all the musculoskeletal information you need is in one place? It is! Log on to www.orthopodsurgeon.com and you will find -

- The office website and library
- Your Orthopaedic Connection
- Gratiot County Herald Archive of every article I have written (complete text at the click of a mouse).

It contains tons of information you or someone in your family can use.

All of the information available contains what I am treating daily in the office and hospital. I urge you to log on and check it out.

Our goal is simple - To help people return to more pain free, functional lives. I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush