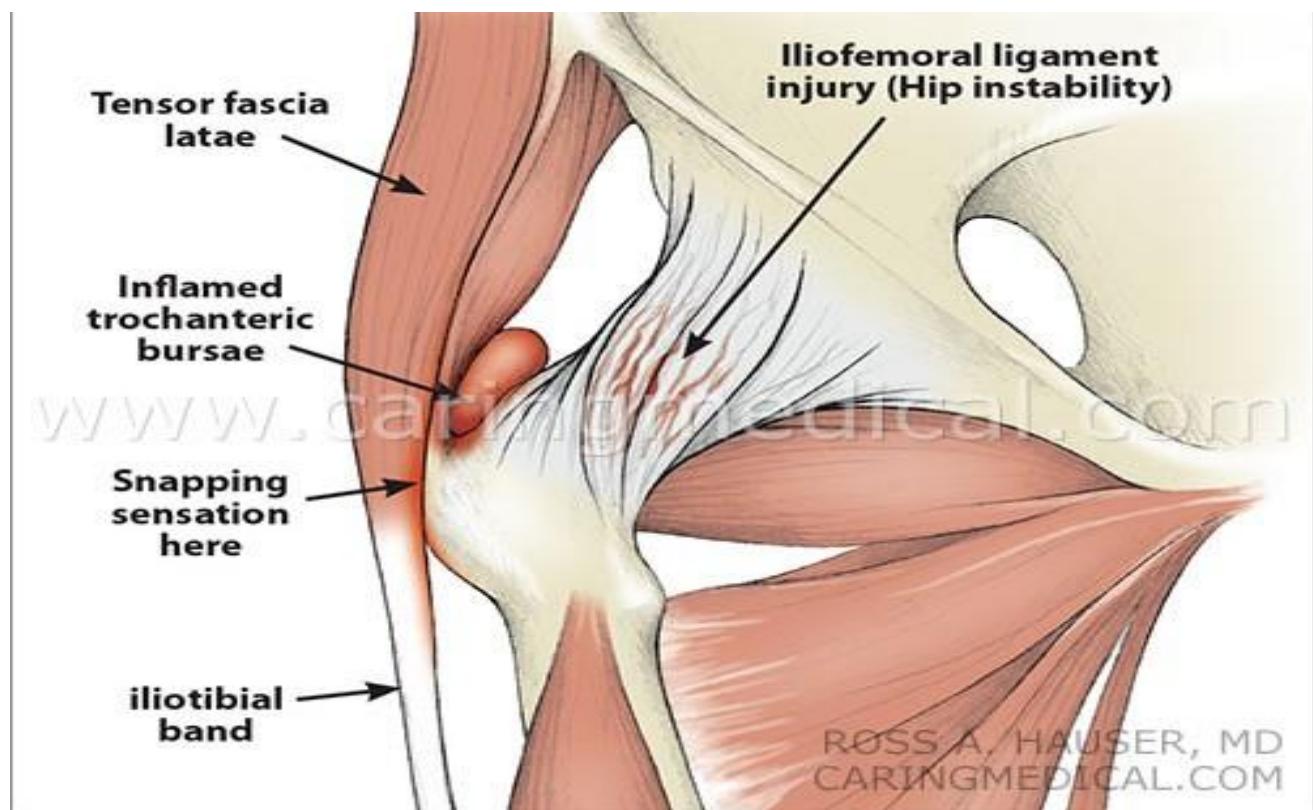


## Snapping Hip Syndrome

### What is Snapping Hip Syndrome?

Snapping Hip Syndrome, also called coxa saltans, is a condition where you feel or hear a snapping sensation around your hip when you move. It may occur at the front, side, or back of your hip and is often painless, though in some cases it can cause discomfort or limit activity.



### What Causes Snapping Hip Syndrome?

The snapping sensation can be caused by:

- **External snapping:** Tight tendons sliding over bony structures on the outside of the hip.

- **Internal snapping:** Tendons or muscles moving over the hip joint or pelvis.
- **Intra-articular snapping:** Issues inside the hip joint, such as cartilage tears or loose bodies.

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## Symptoms

- A snapping or popping sensation during movement.
- Discomfort or pain, especially after prolonged activity.
- Tightness or stiffness around the hip joint.
- Weakness or reduced range of motion in the hip.

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## How is Snapping Hip Syndrome Diagnosed?

A healthcare provider will:

- Take a detailed history of your symptoms.
- Perform a physical examination to observe movements that cause snapping.
- Use imaging studies (e.g., X-rays, ultrasound, or MRI) if needed to rule out other causes.

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## Treatment and Management

### Lifestyle Modifications

- Avoid repetitive activities or movements that trigger the snapping.
- Maintain a healthy weight to reduce stress on your joints.

### Physiotherapy Management

Physiotherapy is a cornerstone of treatment. A physiotherapist will design a program tailored to your needs. This might include:

#### 1. Stretching Exercises

- *For the iliotibial (IT) band:* Standing or supine IT band stretches.
- *For the hip flexors:* Lunge stretches or Thomas stretch.
- *For the piriformis:* Supine piriformis stretch.

#### 2. Strengthening Exercises

- Focus on the core, glutes, and hip abductors to improve joint stability.
- Examples: Glute bridges, side-lying leg lifts, clam exercises, and planks.

### 3. Foam Rolling and Myofascial Release

- Helps to relieve tightness in muscles and tendons around the hip.

### 4. Postural and Movement Training

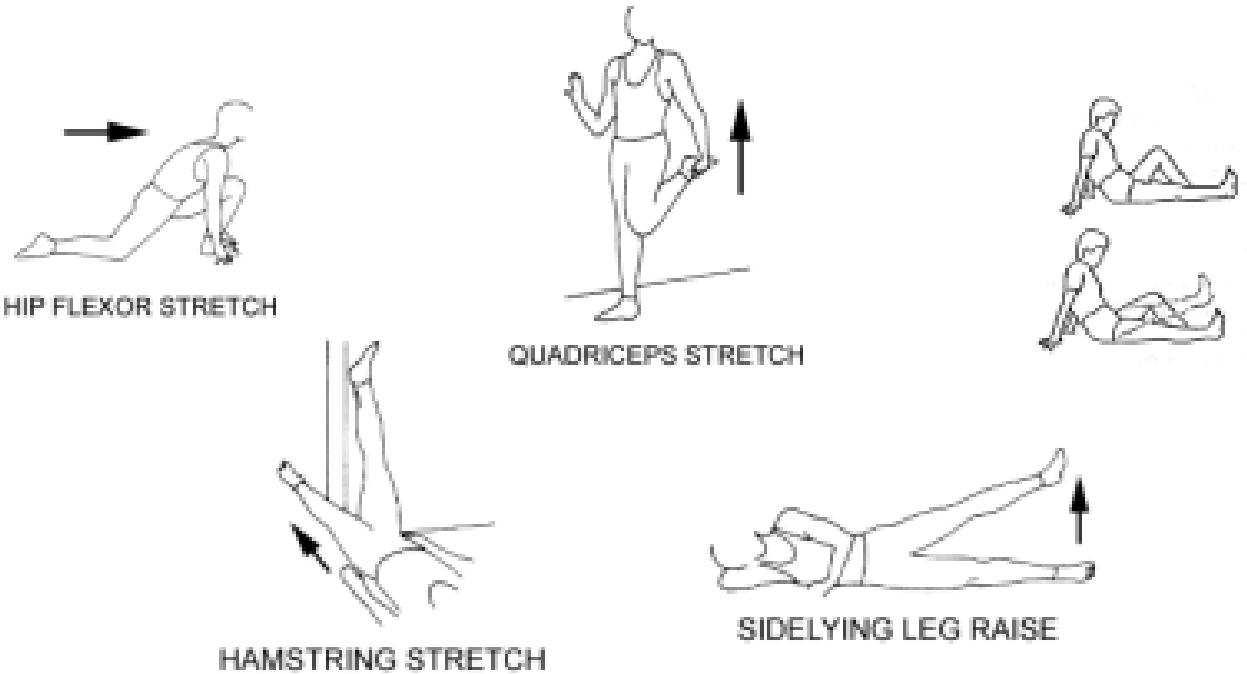
- Correcting biomechanics during walking, running, or sports to prevent recurrence.
- Focus on hip alignment and muscle activation.

### 5. Functional Exercises

- Gradual reintroduction of activities or sports with proper form.
- Activities like step-ups, lunges, or squats to build functional strength.

### 6. Proprioception and Balance Training

- Helps improve coordination and stability in the hip.



## Medications

- Over-the-counter pain relief, such as ibuprofen, may help with inflammation.

## Other Interventions

- **Injections:** Corticosteroid injections may reduce inflammation if pain is severe.
- **Surgery:** Rarely required, usually reserved for intra-articular causes like cartilage damage.

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## Tips for Self-Care

- Warm-up before exercise and stretch afterward.
- Wear proper footwear for support during physical activity.
- Gradually increase intensity and duration of activity.
- Use ice or heat packs for pain relief.

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## When to Seek Help?

- If pain worsens or does not improve with rest and physiotherapy.
- If snapping limits your daily activities or sports participation.

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## For More Information or Support:

Speak with your doctor or physiotherapist for a tailored exercise plan.