Dance Related Injuries: Hip
Trochanteric Bursitis

Snapping Hip (coxa saltans)
1. Definition:
   - Snapping of tendon over a bony prominence or snapping caused by intra-articular pathologic conditions
2. Causes:
   - External (lateral) snapping attributed to IT band or gluteus maximus snapping over the greater trochanter
   - Internal (anterior) snapping involves iliopsoas tendon snapping over a bony prominence
     - Iliopectineal eminence
     - Femoral head
     - Lesser trochanter
   - Intra-articular snapping
     - Loose bodies
     - Osteochondral fractures
     - Labral tears
     - Synovial chondromatosis
3. Treatment:
   - Painless: no treatment required
   - Painful: rest, NSAIDs, assessment for soft tissue or joint restrictions, strength and flexibility deficits

Iliacus Tendonitis
1. Definition:
   - Inflammation of distal iliopsoas muscle tendon
2. Causes:
   - Results from overuse during hip flexion and internal rotation
3. Symptoms:
   - Pain is most often felt in the front of hip near the groin

Piriformis Syndrome
1. Definition:
   - Pain of buttock and lower extremity caused by irritation of sciatic nerve by a tight, restricted piriformis muscle
2. Conservative treatment with relative rest, NSAIDs, physical therapy, massage

References
http://www.med.nyu.edu/hjd/harkness/patients/injuries/


http://orthoinfo.aaos.org/topic.cfm?topic=A00041


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