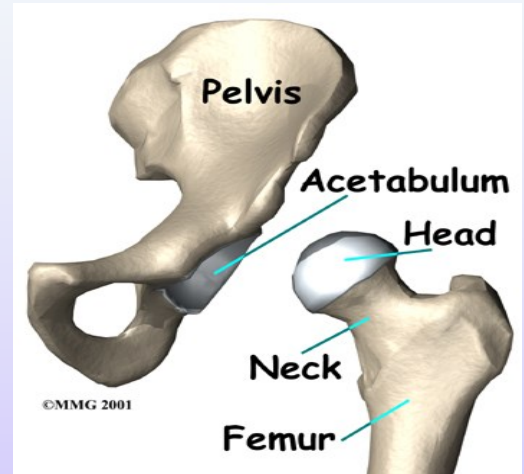


Common complaints in and around the Hip joint

Hip pain is almost as common as knee pain in cyclists. Some pain is brought on by improper bike fit and can be resolved by making sure your bike is fit for your needs. Most complaints stem from overtraining and muscular imbalances. Here are just a few conditions that can lead to experiencing pain in and around the hip. This list is not inclusive and just focuses primarily on the soft tissue surrounding the hip. If you experience pain that does not go away see a medical professional.

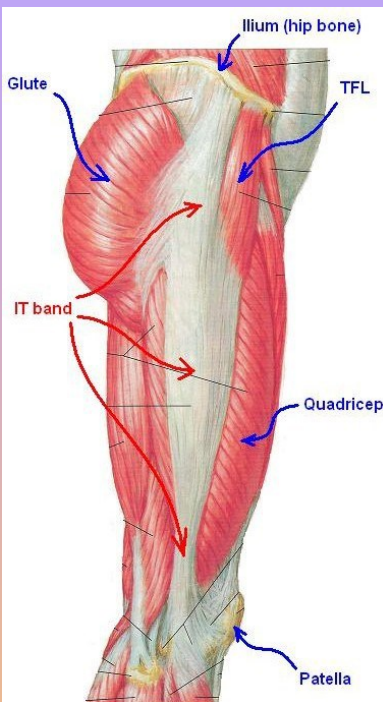
- **Piriformis Syndrome**- Rotator of the hip that can compress the Sciatic nerve leading to Sciatica
- **Iliotibial band Syndrome**- Thick piece of fascia on the outside of the thigh that runs down to the knee. Can produce pain along its entire course.
- **Trochanteric bursitis**- Inflammation of a fluid filled sac that lies between the femur and connective tissue above felt on the outside of the hip.
- **Snapping hip syndrome**- Movement causes a snapping sound. In most cases nothing to worry about. May be caused by 3 different muscles.
- **Glute weakness**- Most people know Glute Max, but there is also Glute Med, and Min. The smaller glutes stabilize the pelvis. Weakness is common.
- **Pelvic Subluxations**- Due to constant movement the joint can become fixated and movement impaired.



Bones that make up the Hip

Hip Flexors

A muscle called your Iliopsoas is a major hip flexor of the hip. When this muscle goes into spasm it creates pain that runs down into your groin and into the crease of the thigh. Stretching is key for getting this muscle to relax. This muscle can also contribute to lowback pain when in spasm.



Treatments

- Rest (reduction in training both intensity and duration)
- Stretching (Rotators of the hip, Hip flexors, ITB, Glutes, Quads, Hamstrings, Adductors)
- Chiropractic adjustments help realign the pelvis and sacrum
- IASTM (Instrument assisted soft tissue mobilization)
- Ice
- NSAIDS
- Correcting muscle imbalance (exercises)
- Get checked that you are fitted to your bike properly



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