

## Hip Pain - What You Should Know About?



One of the two ball and socket types of joints in our body is the hip joint. It is known to be one of the most important joints in our body. Maintaining the health and strength of the hip joint is important to walk, sit, and run without any difficulties. For an athlete, a compromised hip joint can pose serious problems to his/her career. Hip pain is among the commonest problems that a person would face and there could be multiple causes for the same. In this post, we will be talking about hip pain causes along with the best treatments available.

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### Common Causes of Hip Pain

#### Hip Fractures

If we talk about hip fractures, then they can occur in anyone irrespective of age and gender but, elderlies above 55 are at the highest risk. The reason for this is their weaker bones when compared to adults. Hence, even a mildly traumatic event can result in a fracture. Besides this, people suffering from osteoporosis are also highly prone to developing hip fractures. They cause intense pain and require immediate medical assessment.

## **Treatment**

Hip fractures require surgical intervention in most cases as hip implants are required to bring broken bone fragments to their correct anatomy and stabilize them. Physical therapy is also required to bring back the range of motion of the condition.

## **Tendonitis**

Inflammation in tendons around the hip joint is known as tendonitis and it is among the commonest causes of hip pain. Tendonitis often occurs because of too much exercise and results in intense pain.

## **Treatment**

Tendonitis heals on its own within a week or two. Rest, application of ice and bandaging of the injured area are required for better and quicker healing.

## **Arthritis**

Arthritis is a joint condition that affects cartilage. They provide cushioning to our joints and protect them from damage caused by impacts. Along with pain, arthritis can also cause stiffness and tenderness in the joints. As a result, the person will experience pain in the hip joint while making it difficult to walk or stand. Different types of arthritis that can affect the hip joint include:

- Osteoarthritis

- Rheumatoid arthritis

- Infectious arthritis

- Rheumatoid arthritis

## **Treatment**

Arthritis has no cure and the treatment provided can only improve the quality of life. The treatment options available for arthritis are medicines to relieve symptoms and physical therapy to improve the range of motion.

## **Trochanteric Bursitis**

Trochanteric bursitis is characterized by inflammation on the outside part of the hip i.e., the greater trochanter. It results in severe pain in the hip and is known to be its common cause. In this condition, the bursae present near the hip become inflamed. It can be caused by an injury to the hip joint, overuse of the hip joint, and conditions that involve incorrect postures like scoliosis or other spinal problems.

## **Treatment**

The treatment of the condition may involve the use of NSAIDs, corticosteroid injections, physical therapy, or surgery in severe cases.

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