

About Snapping Hip Syndrome

This common condition occurs when a tendon in the hip catches on a portion of femur, causing a snapping sound or sensation during movement.

CAUSES

Not all bodies are alike. Slight variations in anatomy can leave some people predisposed to certain conditions. An abnormally tight iliotibial band can create a snapping sound as it slides over and behind the femur's greater trochanter. An abnormally tight iliopsoas tendon can create a snap as it slides along the lesser trochanter. A tear in cartilage or loose bodies in the hip joint can also cause snapping hip.

SYMPTOMS

The most common symptom is a recurring snapping sound or catching sensation in the hip when bending or stretching. The sensation may be painful, and the hip may temporarily lock in place.

TREATMENT

If the snapping hip causes no pain, treatment may not be necessary. Common treatment options can include rest, cold compress, anti-inflammatory medication, and physical therapy. Occasionally, surgery may be necessary to release the tendons causing the symptoms.



