

Hip Pain

Hip pain involves any pain in or around the hip joint.

Considerations

Hip-related pain is not always felt directly over the hip. Instead, you may feel it in the middle of your thigh or in your groin. Similarly, pain you feel in the hip may actually reflect a problem in your back, rather than your hip itself.

Causes

Two possible causes of hip pain are fractures and insufficient blood flow to the hip (avascular necrosis).

A hip fracture can change the quality of your life significantly. Fewer than 50 percent of those with a hip fracture return to their former level of activity. In addition, while recovering from a hip fracture, several possible complications can be life-threatening. These include pneumonia and a blood clot in the leg, which can dislodge and travel to cause a clot in the lungs. Both are due to immobility following a hip fracture and hip surgery.

Hip fractures become more common as people age because falls are more likely and bones become less dense. People with osteoporosis can get a fracture from simple, everyday activities, not just a dramatic fall or injury.

Avascular necrosis can happen if you have been on steroids for a long time or you have sickle cell anemia. Injury and regular use of alcohol also increase your risk.