

## Hip Pain: Sports Related

Hi my name is Adam-Hoad Reddick and I'm going to talk to you about what would happen if you came to see me in my clinic at The Alexandra Hospital complaining of sports related hip pain. I see many patients with pain in their hip relating to sporting activities. It is very common that people complain of clinking, catching or deep seated pain in the hip and groin area from activity.

If you come to see me I will take a full history by asking questions about what causes your pain to get worse. I will also want to know about any relevant past medical illnesses you may have had and any medications that you may be taking.

I would examine your hip thoroughly to try and ascertain what is causing your discomfort and I would also arrange for some investigations to be performed including x-rays and possibly scans of your hip. X-rays can give a very good idea about the shape of the bones in your hip as can CT scans which show a 3D reconstruction. MR scans are very good at showing the tendons, soft tissues and ligaments of the hip and I find this also invaluable in showing us what problems there are.

Problems I commonly see include tears of the labrum and seal around the hip, hip impingement type problems. I also see problems with the ligaments and tendons surrounding the hip and I also occasionally see patients with stress fractures. By the time you have completed the investigations I would then see you in clinic, we would have a full discussion about treatment options available.