

Snapping hip

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Snapping hip is a condition in which the patient feels a snapping sensation or hears a popping sound in their hip when they walk, get up from a chair or swing their leg around. The snapping sensation occurs when a muscle or tendon (the strong tissue that connects muscle to bone) moves over a bony protrusion in the hip region, e.g. psoas and iliotibial band. Although snapping hip is usually painless and harmless, the sensation can be annoying. In some cases, snapping hip leads to bursitis, a painful swelling of the fluid-filled sacs that cushion the hip joint. Summary box 35.7 Common causes of LLD in the hip

Osteoarthritis Hip dysplasia Hip fracture Avascular necrosis Hip dislocation Fixed flexion deformity Figure 35.29 (a, b) Trendelenburg test. TABLE 35.11 Common limps observed in hip disease. Gait pattern Description Weak: May lead to pelvic sway or tilt. The patient Trendelenburg swings the body over the weak hip to stay in balance when it is weight-bearing Painful: antalgic The rhythm is dot-dash, with a short period spent on the painful limb Unbalanced: May be caused by ataxia, e.g. cerebellar broad-based pathology. The rhythm also tends to be disordered May be due to loss of proprioception or a Loss of muscle drop foot. This leads to difficulty in clearing control: high- the toes during the swing phase: the patient stepping compensates by externally rotating the leg and flexing the hip and knee Deformity: in- Can be caused by persistent femoral toeing anteversion. The foot may catch on the back of the calf of the weight-bearing leg, tripping the patient

Revision #1

Created 2025-12-31 15:14:47 UTC by Omar Ayman

Updated 2025-12-31 15:14:47 UTC by Omar Ayman