

**Definition**— This is where one can hear loud “snapping” or “clicking” within the hip as it bends and straightens. Although one may only complain of the sensation of the “snapping”, pain may later arise in the same hip, especially when hip bursitis is also an issue. There are 2 types of Snapping Hip Syndrome; Internal and External. Internal Snapping Hip will have sensations of snapping and pain in the front portion of the hip and External Snapping Hip will have pain and “snapping” on the outside of the leg.



**Physical Therapy**

Once your physical therapist and/or athletic trainer has addressed the primary cause of the syndrome, one will be able to begin exercising to regain full motion and strength within the hip. Some exercises to begin will be:

<p><b>Riding stationary bike</b> – Riding a stationary bike is a low-impact way of increasing ROM and cardio.</p>	<p><b>Straight-Leg Raises (SLRs)</b> - With one knee bent, tighten the quad of the straight leg and raise it to the level of the bent knee.</p>	<p><b>Quad and Glut Sets</b> - Tighten your quad muscle pushing the knee down and pointing the toe up. Tighten your glut muscles together.</p>
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Along with these exercises, one should mainly focus on regaining flexibility in the hip by implementing a stretching regimen of 3 sets of 30 second holds, including these stretches:

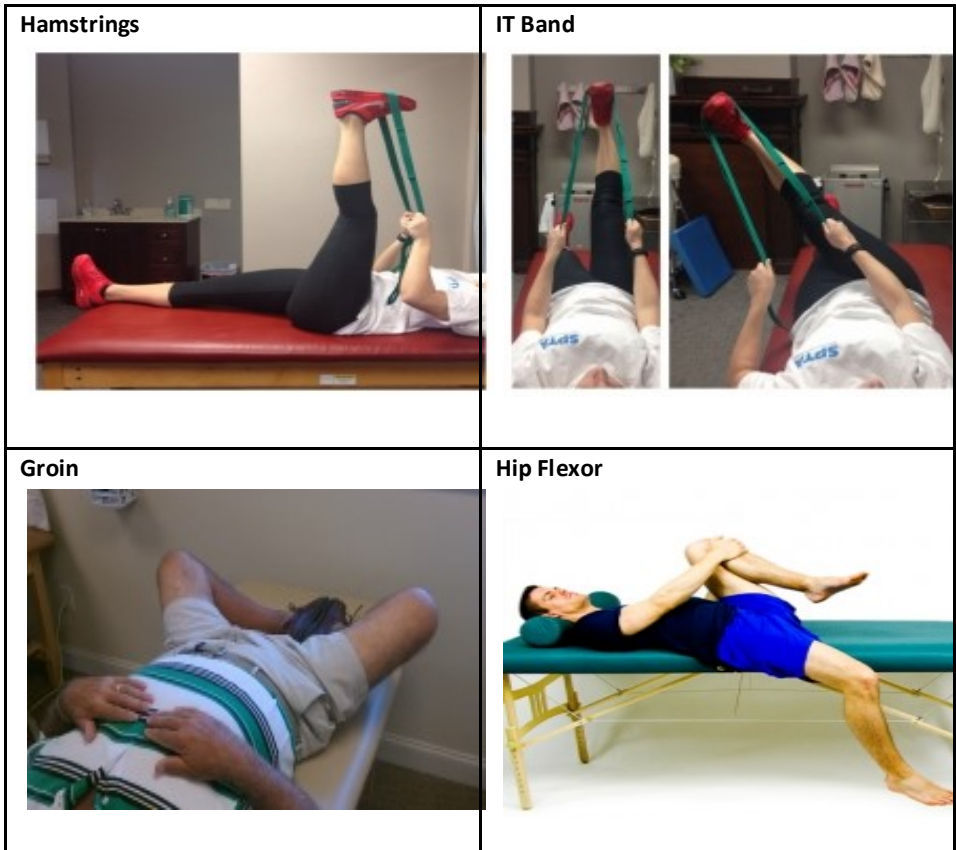
**Mechanism of Injury:**

Snapping Hip Syndrome is usually secondary to a number of different causes such as, repetitive movement, IT Band tightness, hip bursitis, and others. These are the most common.

**Predisposing Factors:** Athletes, especially dancers, in their late teens or early 20s are at an increased risk for this syndrome.

**Criteria for Return to Sports and/or Work:**

Once flexibility is established and pain has decreased, one can most likely return to activity following the orders of his or her PT or AT. Stretching must be continued, even after the injury has been resolved, so that not to reinjure oneself.



#### Works Cited

- Prentice, W. E. (2011). *Rehabilitation Techniques for Sports Medicine and Athletic Training* (5<sup>th</sup> ed.). Chapel Hill, NC: McGraw Hill.
- Starkey, C., Brown, S. D., & Ryan, J. (2010). *Examination of orthopedic and athletic injuries* (3rd ed.). Philadelphia, PA: F.A. Davis.