

Hip Pointer Injuries

Explanation of Diagnosis

A **hip pointer** is a **bruise or contusion to the iliac crest (the top of the hip bone)** caused by a **direct impact, fall, or collision**. It is common in **contact sports (football, hockey, basketball)** and **falls onto hard surfaces**. Symptoms include **sharp pain over the hip, tenderness, swelling, bruising, and difficulty walking or moving the hip**.

Specific Work Modifications

- **Avoid prolonged standing or walking**; take sitting breaks as needed.
- **Use a cushioned seat or ergonomic chair** to reduce hip pressure.
- **Modify tasks** to limit bending, twisting, or excessive movement.
- **Apply ice during breaks (15-20 min, 3-4 times daily)** to reduce swelling.
- **If walking is painful, use a cane or crutches** to reduce weight-bearing.

Specific Activity Modifications

- **Avoid high-impact activities** (running, jumping, contact sports).
- **Modify workouts** by switching to **low-impact exercises** like swimming or stationary cycling.
- **Use protective padding** if returning to sports to prevent re-injury.
- **Perform gentle hip mobility exercises** to prevent stiffness.

Recommended Supplements

- **Collagen peptides (10 g daily)** - Supports muscle and soft tissue healing.
- **Vitamin C (500 mg daily)** - Aids in collagen production and tissue repair.
- **Magnesium (300-400 mg daily)** - Helps with muscle relaxation and recovery.
- **Omega-3 fatty acids (1000 mg daily)** - Reduces inflammation and stiffness.
- **Turmeric (500 mg twice daily)** - Provides natural anti-inflammatory benefits.

Recommended Nutrition and Hydration

Diet Recommendations:

- **Tissue-repair foods:** Lean protein (chicken, fish, eggs), Greek yogurt, and legumes.
- **Anti-inflammatory foods:** Fatty fish (salmon, sardines), turmeric, berries, walnuts, and leafy greens.
- **Collagen-boosting foods:** Bone broth, citrus fruits, and bell peppers.
- **Limit processed foods, sugar, and alcohol**, which can slow healing.

Hydration Tips:

- **Drink at least 2-3 liters of water daily** to support tissue recovery.
- **Limit caffeine and alcohol**, which can slow healing and increase inflammation.

Home Exercise Prescription

Focus on pain relief and gentle movement initially. Avoid deep hip movements or direct pressure.

Phase 1: Pain Relief & Mobility (Days 1-5, Reduce Swelling & Improve Movement)

1. Ice Therapy

- Apply **ice for 15-20 minutes, 3-4 times daily** to reduce swelling.

2. Pelvic Tilts

- Lie on your back with knees bent, tighten your core, and flatten your lower back.
- **10 reps, 2 times daily.**

3. Gentle Hip Circles

- While seated or standing, slowly move your hip in circular motions.
- **10 reps per direction, 2 times daily.**

Phase 2: Strength & Stability (After 5-7 Days, Once Pain Improves)

4. Seated Hip Flexor Stretch

- Sit upright, extend one leg slightly forward, and gently lean back.
- **Hold for 20-30 seconds, repeat 3 times per leg.**

5. Glute Bridges (Hip & Core Strengthening)

- Lie on your back, bend knees, and lift hips while squeezing the glutes.
- **10 reps, 2 times daily.**

6. Clamshells (Hip Abductor Strengthening)

- Lie on your side with knees bent, lift the top knee without moving your hips.
- **10 reps per side, 2 times daily.**

Phase 3: Return to Activity (After 2-3 Weeks, If Pain-Free)

7. Standing Hip Abduction

- Stand tall and lift one leg sideways without tilting the torso.
- **10 reps per leg, 2 times daily.**

8. Mini Squats (If Comfortable, Avoid Deep Squats)

- Keep weight in heels and avoid bending past 45 degrees.

- **10 reps, 2 times daily.**

Avoid direct impact, running, jumping, and excessive hip movement until fully healed (typically 2-6 weeks).

Helpful Books

1. *"Rehab Science: How to Overcome Pain and Heal from Injury"* - Tom Walters, DPT
2. *"The Hip Pain Handbook: A Guide to Preventing and Treating Hip Injuries"* - Nicolas Piuzzi, MD

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.