

Snapping Hip Syndrome

Explanation of Diagnosis

Snapping hip syndrome occurs when a **tendon or muscle moves over a bony structure in the hip**, causing a **popping or snapping sensation** during movement. It can be:

- **External** (most common) - The **iliotibial (IT) band or gluteus maximus** snaps over the greater trochanter (outer hip).
- **Internal** - The **iliopsoas tendon** snaps over the hip joint or pelvic bones.
- **Intra-articular** - A **loose body, cartilage tear, or hip labral tear** inside the joint causes snapping.

Symptoms include **painless snapping, or pain and tightness if inflammation occurs**. Activities like running, cycling, dancing, and deep hip movements can aggravate it.

Specific Work Modifications

- **Avoid prolonged standing or walking**; take sitting breaks if possible.
- **Use an ergonomic chair with hip support** to reduce strain.
- **Modify tasks** to limit repetitive squatting, bending, or side-to-side movements.
- **Apply ice or heat (15-20 min, 3-4 times daily)** if pain or tightness increases.
- **Use a standing desk if prolonged sitting worsens symptoms.**

Specific Activity Modifications

- **Avoid high-impact activities** (sprinting, jumping, deep squats).
- **Modify workouts** by switching to **low-impact exercises** like swimming or cycling.
- **Stretch and strengthen the hip flexors and glutes** to reduce tension.
- **Avoid excessive hip flexion or wide-legged stances** until symptoms improve.

Recommended Supplements

- **Collagen peptides (10 g daily)** - Supports tendon and ligament repair.
- **Magnesium (300-400 mg daily)** - Helps with muscle relaxation and reduces cramping.
- **Omega-3 fatty acids (1000 mg daily)** - Reduces inflammation and stiffness.
- **Vitamin D3 (1000-2000 IU daily)** - Supports bone and joint health.
- **Turmeric (500 mg twice daily)** - Provides natural anti-inflammatory benefits.

Recommended Nutrition and Hydration

Diet Recommendations:

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

Hydration Tips:

- **Drink at least 2-3 liters of water daily** to support muscle function and tissue hydration.
- **Limit caffeine and alcohol**, which can contribute to muscle tightness and dehydration.

Home Exercise Prescription

Avoid excessive stretching initially; focus on strengthening and controlled mobility.

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

1. Ice or Heat Therapy

- Apply **ice for pain or heat for muscle tightness** (15-20 minutes, 3-4 times daily).

2. Seated Piriformis Stretch

- Sit upright, cross the affected leg over the opposite knee, and gently press down.
- **Hold for 20-30 seconds, repeat 3 times.**

3. Standing Iliopsoas Stretch

- Step one foot back into a lunge position, keep the back leg straight, and push hips forward.
- **Hold for 20-30 seconds, repeat 3 times per side.**

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

4. Glute Bridges (Hip & Core Strengthening)

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

5. Clamshells (Hip Abductor Strengthening)

- Lie on your side with knees bent, lift the top knee while keeping feet together.
- **10 reps per side, 2 times daily.**

6. Side-Lying Leg Lifts

- Lie on your side and lift the top leg while keeping it straight.
- **10 reps per leg, 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 excessive hip flexion, deep squats, or lateral lunges until symptoms improve (typically 4-6 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 Piuze, MD

Click [here](#) for more orthopedic patient information.

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