

# Hip Pain

The term 'musculoskeletal' refers to muscles and bones, and there are a range of common problems with muscles and bones that people with physical disabilities may experience.

Pain in the hips can be caused by a range of problems, including incorrect joint position (hip displacement) or changes within the joint such as arthritis.

Hip displacement occurs when the top part of the thigh bone moves out of the hip joint. This stops the joint from moving correctly, causing wear and tear on the bones. Over time, this can lead to arthritis and pain.

## What can I do?

The first step is to stop it ever happening!

- If you cannot keep your knees apart with your feet together when you are sitting and standing then you are at risk of hip pain
- Physiotherapists and occupational therapists can support you with exercise programs and different positions to go into during the day and night. These will help your hip stay in position and slow down the wear and tear on your bones.

- Hip monitoring by hip x-rays should occur until you stop growing. This is because hip displacement is often silent and is not known unless reviewed on x-ray. If you continue to be at high risk of hip displacement into adulthood, ask your GP for ongoing hip x-ray monitoring. The images of the x-rays and the report should be shared with your physiotherapist to monitor and help plan what you need.

If you get hip pain, speak to your GP and allied health team:

- Get an x-rays of the hip joint to review the hip position. Share both the images of the x-ray and the report with your physiotherapist to assist them to plan what you need.
- See your GP for oral medication and other pain relief recommendations.
- See your physiotherapist as soon as possible for review and pain management strategies.



- See your physiotherapist and occupational therapist to have all your equipment and positions reviewed.
- A referral to an orthopaedic surgeon may be indicated for management of the hip pain.

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