

Hip Pain



What is Hip Pain?

Hip pain refers to discomfort felt in or around the hip joint, which connects your upper leg to your pelvis. Pain may be felt in different areas including the front of the hip/groin, side of the hip, in the buttock region or in the upper thigh.

👉 In simple terms: **Hip pain is discomfort that affects your ability to move comfortably**

Why does Hip Pain happen?

Hip pain can come from problems within the joint, muscles, tendons, ligaments, bursae or surrounding structures. It often develops due to overload, poor movement patterns, or age-related changes.

Common causes include:

- Muscle or tendon strains
- Tendon irritation (Tendinopathy)
- Bursitis
- Arthritis
- Hip impingement (FAI)
- Labral tears
- Referred pain from the lower back
- Overuse from running/sport
- Sudden increases in activity

Common symptoms

Pain Pattern

- Aching or sharp pain in the groin, side or buttock
- Pain when walking, running or climbing stairs
- Discomfort when getting in and out of cars or chairs
- Pain when laying on one side
- Stiffness, especially in the morning

Functional Issues

- Reduced range of movement
- Weakness in the hip or leg
- Limping
- Difficulty exercising or playing sports

How can physiotherapy help?

Most hip pain improves with conservative physiotherapy management.

Physiotherapy may include:

- Strengthening of the hip and core muscles
- Improving flexibility and joint mobility
- Correcting walking and movement patterns
- Manual therapies such as soft tissue releases and joint mobilisations
- Activity modification and guidance

With the right physiotherapy support, you can reduce pain and stiffness, improve strength and mobility, move with confidence and prevent further flare ups. Contact our clinic today to have your hip thoroughly assessed and start your personalised treatment plan today.