

## Hip and thigh Injuries

The hip is also commonly injured in runners.

These injuries can include:

- Trigger points including Piriformis syndrome – when hip muscles becomes tight, you will experience pain in the buttock which can spread into your thigh.
- Hamstring and adductor muscle injuries

The causes of the above are usually related to biomechanics, particularly poor core control around the back and hip often by the gluteal muscles.

Physiotherapists should be able to diagnose the condition and will treat the cause of the problem using primarily exercises. These may be to stretch tight muscles and strengthen any weak muscles particularly around the hip. They may also use massage skills to release any tightness around this area.

Hamstring and adductor injuries can occur suddenly when the muscle is torn usually during explosive activity or gradually with more movement dysfunction causes. These injuries can be treated with massage techniques to enhance the healing rate of injured tissues and specific exercises aimed at strengthening the core and targeted muscles. Often a strength and conditioning programme in the gym will be required to reduce the chances of further injury. Kinesio-taping is often helpful at returning the athlete to training.

Sometimes the hip joint itself may be affected; we will be able to diagnose this and treat if possible or alternatively refer you to a specialist orthopaedic surgeon.

### Contact Athlete Matters

**South Manchester Sports Injuries Clinic (Cheadle):** Tel: 0161 637 3633

Email: [info@smsiclinic.co.uk](mailto:info@smsiclinic.co.uk) Website [www.smsiclinic.co.uk](http://www.smsiclinic.co.uk)

**Worsley Physio & Sports Injuries Clinic:** Tel: 0161 702 9474

Email: [info@worsleyphysioclinic.co.uk](mailto:info@worsleyphysioclinic.co.uk) Website: [www.worsleyphysioclinic.co.uk](http://www.worsleyphysioclinic.co.uk)

**Preston Physio & Sports Injuries Clinic (Fulwood):** Tel: 01772 225401

Email: [info@prestonphysioclinic.co.uk](mailto:info@prestonphysioclinic.co.uk) Website: [www.prestonphysioclinic.com](http://www.prestonphysioclinic.com)

Or for a general enquiry please email: [info@athletematters.com](mailto:info@athletematters.com)

Copyright 2015