

Hip injuries in athletes.

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Accepted on November 12, 2021

Editorial

Fortunately, a healthy hip can only be significantly damaged with a lot of power. The thighs lower back, and buttocks all have substantial muscles that assist protect the hip from injury. So, rather than a direct, traumatic damage, a hip injury is more likely to be caused by chronic overuse of the joint and its accompanying muscles. Cyclists, runners, swimmers, baseball players, and golfers are all susceptible to hip inflammation and damage. To avoid injury, high-performance athletes, particularly those who engage in professional and college sports, must take extra precautions. In the most severe cases, a hip injury can result in debilitating pain, loss of hip function, and, in the case of sports, the end of a career.

A sprain occurs when ligaments are stretched or torn. A strain, on the other hand, is a muscular stretching or tear. Sprains and strains are categorised into three categories based on the severity of the injury:

- I - Minor stretching or tiny rips with minor pain. The joint is in good condition.
- II - Moderate tearing or stretching with pain. While standing or walking, the hip may occasionally give out. The ligament, muscle, or tendon is entirely ripped in.
- III - The hip is no longer able to support weight.

Symptoms

The severity of hip sprains and strains will determine the symptoms:

Most sprains and strains begin with tiny tears. Chronic hip usage causes these tears to grow in size until the ligament, muscle, or tendon ruptures or breaks away from the bone altogether. Sports that involve repetitive use of the lower body, such as cycling, running, swimming, baseball, and golf, are prone to hip sprains and strains. Low-grade sprains and strains are frequently so little that they don't require orthopaedic treatment. Taking a break from activities that stress your hips for a few weeks may be all you need in these cases. Cold therapy can also aid in the

relief of symptoms and the speeding up of the healing process.

Inflammation of either of the hip tendons, or the strong fibrous tissue that connects muscle to bone, is known as hip tendonitis. Tendonitis develops when the body's immune system increases blood flow to an injured tendon, resulting in joint inflammation. The non-inflammatory deterioration of a tendon is known as hip tendinosis. Tendinosis is a condition in which the tendon's structure or composition deteriorates.

Overuse of the hip leads to tendonitis and tendinosis, which are similar to strains and sprains. Acute physical trauma can potentially produce both disorders, albeit this is less common. Long-distance runners, swimmers, baseball players, tennis players, and golfers are at a larger risk of developing these illnesses than the general population.

RICE (Rest, Ice, Compression, and Elevation) and physical therapy can be used to treat tendinitis and tendinosis. You can also reduce your chance of repeated injuries by stretching properly before exercising and strengthening your hips, legs, and lower back muscles. It's vital to remember that NSAIDs (non-steroidal anti-inflammatory medicines) like ibuprofen and naproxen, as well as cortisone injections, can help with tendonitis but not tendinosis. This is because tendinosis is a non-inflammatory condition, and NSAIDs will not aid in the healing of tendons. In fact, some specialists advise against using NSAIDs to treat tendinosis because they stop collagen from growing, which is required for tendon healing.

Inflammation of the bursae, which are fluid-filled sacs that cushion muscles, tendons, and ligaments against bone, causes hip bursitis. Bursitis is caused by continuous overuse of a joint, just as other inflammatory illnesses. Bursitis can also be caused by acute trauma or infection, however this is less common.

The two primary bursae in the hip are the trochanteric bursa and the iliopsoas bursa. The trochanteric bursa is found on the greater trochanter, the bony apex of the hip. On the inside, or groyne side, of the hip is the iliopsoas bursa. Bursitis discomfort might be felt in the hip or thigh, on one side of the groyne, or outside the hip or thigh.

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