

Hip Injury

Definition

- Minor injury to the hip.
- Your child can walk, but with mild pain.
- If unsure, contact your child's doctor.

Health Information

Types of Hip Injuries

- Sprains - stretches and tears of ligaments.
- Strains - stretches and tears of muscles (a pulled muscle).
- Muscle bruise from a direct blow.
- Bone bruise from a direct blow.
- Iliotibial (IT) band syndrome - irritation of the IT ligament. It connects the hip to the knee.
- Labral tears - a tear in the tissue that cushions the hip joint.
- Fractures (broken bones). A common fracture of the hip is an avulsion fracture. This is when an injured ligament pulls off a small piece of bone.
- Dislocations (bone out of joint). Rare for the hip joint. Your child will not be able to walk.

Symptoms of Hip Injuries

- The main symptom is pain.
- The pain is worse with movement and walking.
- Your child may also walk with a limp.

Prevention

- Supervise young children carefully.
- Teach older children about high risk behaviors.

Care Advice

1. Key Points

- Most hip injuries can be treated at home.
- Here is some care advice that should help.

2. Cold Pack for Initial Pain

- For pain, swelling or bruising with any hip injury, use a cold pack. You can also use ice wrapped in a wet cloth.
- Put it on the area for 20 minutes.
- Repeat for 20 minutes every hour for the first 4 hours, then only as needed.
- Reason: Helps with the pain and helps stop any bleeding.
- Caution: Avoid frostbite.

3. Heat for Pain After 48 Hours

- If pain lasts over 2 days, put heat on the sore area.
- Use a heat pack, heating pad or warm wet washcloth.
- Do this for 10 minutes, as needed. Reason: increases blood flow and speeds healing.
- Caution: Avoid burns.

4. **Pain Medicine**

- For pain relief, give acetaminophen every 4 hours or ibuprofen every 6 hours as needed (See Dosage table).
- Ibuprofen may be more effective for this type of pain.

5. **Activity and Movement During Recovery**

- Rest the injured part for the first 24 hours.
- Then start moving the joint as tolerated. Do this at least 3 times per day.
- Reason: This helps prevent tight muscles and joints. It helps maintain range of motion.
- As pain improves, slowly increase activity. Allow any activity that does not cause pain.
- Here's a good rule: If it HURTS, don't do it.

6. **What to Expect**

- Pain and swelling usually peak on day 2 or 3.
- Swelling is usually gone by 7 days.
- Pain may take 2 weeks to completely resolve.
- Protect the area from further injury until healed.

Call Your Doctor If

- Pain not improved after 3 days
- Pain or swelling lasts over 2 weeks
- Can't walk
- You think your child needs to be seen
- You have other questions or concerns

Pediatric Care Advice

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