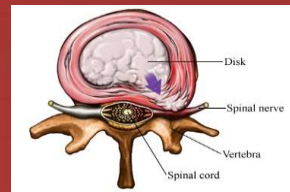


Lumbar facet joints are small joints in the back that can become injured or impacted by arthritis that can refer pain into the back or the front of the hip. In particular, the lower facet joints refer pain into the back of the hip area.

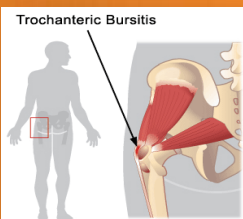


The sacroiliac (SI) joints are between the tailbone and the back of the ilium (the socket for the hip joint). They can be injured or can get arthritis, leading to pain in the back, side, or front of the hip. Patients with this type of pain can usually put one finger on the areas circled above when asked which spot hurts the most.

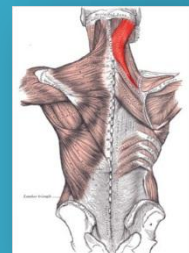


Bulging discs in the back can pinch nerves that can make the hip area hurt or cause burning, tingling, numbing, or tightness in certain muscles. The lower lumbar nerves typically cause symptoms down the back of the hip/leg while the upper lumbar nerves cause pain in the front of the hip and thigh.

The spine and nerves are infamous for referring pain elsewhere. This means that if a portion of your low back (like a spinal nerve) is irritated, you may or may not feel it in your back, but you may feel it in your hip, thigh, knee, leg, ankle, or foot.



The trochanteric bursa is a lubricating sac on the side of the hip. With abnormal hip biomechanics it can become swollen and painful, causing pain in the side of the hip. This is a common problem in patients who have unstable sacro-iliac (SI) joints.



The low back muscles can develop trigger points that refer pain to the hip. These are often found in the muscles of the upper part of the lower back (T12-L2) or the quadratus lumborum muscle.

Spine/ Nerves

You might think that if you have pain in the hip area, that it must be coming from inside the hip. However, "hip pain" can come from many different areas including the spine, muscles, bursas, or nerves. Too often we see patients get hip surgeries when their pain is really coming from somewhere else.. [\(click here for more info\)](#).



Bursas

Bursas are lubricating sacs that allow smooth movement when tendons cross over hard areas. There are a number around the hip that can become chronically swollen.



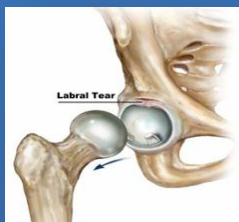
The iliopsoas bursa is a lubricating sac in the front of the hip that can cause groin or front of hip pain. It gets swollen when biomechanical problems develop within the iliopsoas muscle.



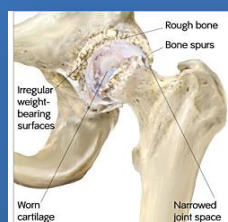
Hip Joint

Problems like arthritis in the hip joint can obviously cause hip pain. When pain is from the joint itself, it's often felt in the groin area. Before any surgery is planned in the hip, a diagnostic numbing injection should be performed to confirm the pain is really originating there.

The labrum is the lip of the socket of the ball and socket joint of the hip. Since this structure helps to stabilize the hip joint, a tear can cause hip instability. Labral injuries can happen through trauma or "wear and tear". Pain in the groin area is often felt with certain movements.



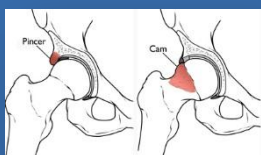
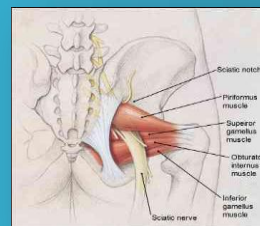
The hip joint has cartilage just like any joint and this shock absorber can be worn away or torn through trauma. Less cartilage can mean pain and swelling, which is usually low to mid level aching and stiffness. The hip joint tends to lose cartilage much more quickly and have more bone problems than other joints.



Muscles

Muscles can develop trigger points (TPs) which are areas that are painful and weak. These TPs are often felt as "knots" or bands that when pressed, cause pain elsewhere.

Trigger points in the muscles around the hip (hip girdle) often cause pain in the hip. Tight areas in the piriformis muscle can cause the sciatic nerve to get entrapped, leading to symptoms down the leg as well.



Hip impingement is when either the ball or the socket have bone spurs or bigger areas that can wear down the labrum and joint. One concern is that based on recent studies, this problem may be over diagnosed.

AVN (avascular necrosis) or osteonecrosis is a disease whereby the hip bone begins falling apart. This can lead to a rapid decline in range of motion and if left untreated, a "square peg in a round hole".

