

Hip Capsulitis

Capsulitis occurs when the hip joint becomes inflamed, which causes a limp and pain in the front portion of the thigh and the groin. Stiffness and pain tend to come on quite rapidly, without there being any apparent cause. When it comes to young teenagers, the first complaint is a catching of the hip. Up until recently, the condition was thought to only occur in the shoulder, but that is not the case today. Many people improve through exercise, but there are others who will require manipulation under anesthesia and arthroscopy to correct the problem.

The most common time to get capsulitis is following hip surgery, for example an arthroscopic (key-hole) procedure for CAM impingement, or labral tear.

Hip Capsulitis Anatomy

The hip is a ball and socket joint connecting the thigh bone (femur) to the pelvis socket. It allows the leg to move. The hip joint is composed of multiple parts, including that of the lesser and greater trochanters. The greater trochanter is the place where countless muscles from the buttocks allow and meet to promote hip abduction and movement from one side to the other. When it comes to the lesser trochanter, this is the point where the iliopsoas muscle is attached to the hip joint to provide for forward movement within the leg, which is otherwise referred to as hip flexion.

Following surgery, the hip joint might try to freeze up to counter-effect the surgery as a protective mechanism to the trauma. This can cause gross stiffness and pain on hip movement. It is far more common in people who do not get physiotherapy after surgery. Progressive stretching and rehabilitation by a therapist is usually enough to restore more range of motion to the hip.

How to Treat Hip Capsulitis:

1. Exercise

When it comes to hip capsulitis, you need to use the muscles or else you truly are going to lose their abilities to function normally. Stretching exercises are a crucial component for treating capsulitis. It helps to restore your range of movement, minimize pain and prevent the joint from stiffening up on you. Stretches can include passive stretches, active stretches and active assist stretches. Any exercises should be performed under the direct supervision of a trained professional. Trying to diagnose the condition and perform the exercises alone might cause the condition to become worse. Getting an early diagnosis is important to increase your chance of a full recovery.

2. Anti-Inflammatory Medication

When the area is inflamed and painful, an anti-inflammatory can help to reduce the swelling and provide you with some degree of pain relief. It is not a long term solution.

3. Heat

Apply heat to the affected area for 5-10 minutes at a time three to five times per day can help to promote circulation and the healing process.



4. Surgery

If you are unable to find relief with traditional measures, you might have no other option than to undergo surgery. Manipulation under a general anesthetic followed by surgery will help to release the capsule. If you have a pre-existing hip condition, you will probably end up needing surgery.

Tips:

- Middle-aged women are shown to have the highest risk of developing the condition, with an average range between 36 and 49 years old.
- Capsulitis usually occurs following surgery but can occur without any real cause being identified.
- Extended periods of immobility can lead to capsulitis forming, such as from an injury, stroke or any number of various diseases.
- Refrain from participating in those activities where you feel the most pain.
- Most individuals with an idiopathic cause are able to recover with treatment over a 12 to 24 month timeframe.