



Muscle Strain Injuries of the Hip



Overview

The hip is where the femur meets the pelvis. Several strong muscles are found here. They handle high loads of stress. They may suffer from overstretching and tearing. This is called a muscle "strain." It's a common injury among athletes who play sports that require sudden starts and stops.

Mild and Moderate Injuries

Muscle strains can range from mild to severe. Mild strains are an overstretching of the muscle fibers. This is commonly called a "pulled muscle." Moderate strains are a partial tearing of the muscle or the tendon that attaches the muscle to a bone. These strains are treated with rest, ice, compression and elevation. Your healthcare provider may recommend immobilizing your leg while it heals, and you may benefit from physical therapy.

Severe Injuries

The most severe strains involve a complete tear of the muscle or tendon. The tendon may tear away from the bone. It may even break off a piece of bone at the attachment point. These types of injuries often require surgery. You will need physical therapy as part of your rehabilitation.

Conclusion

Muscle strain injuries, even severe ones, can be treated effectively. But if you've had a muscle strain, your risk for injuring the muscle again is higher. Follow your healthcare provider's instructions to make sure you heal correctly.