

# Hip Pain Location Diagram

## Anterior hip pain locations

### A. Femoroacetabular impingement (FAI), labral tear, femoral neck fracture, osteonecrosis, synovitis, Chondromalacia.

FAI arises from abnormal contact between the hip's ball and socket, resulting in pain and restricted movement. Meanwhile, labral tears occur when the cartilage surrounding the hip socket is damaged, often due to repetitive motions or trauma. Additionally, conditions such as femoral neck fractures, osteonecrosis, synovitis, and chondromalacia affect the anterior hip and necessitate tailored treatment strategies for each.

### B. Sports hernia, inguinal hernia, inguinal nerve entrapment

A sports hernia, which is not true, results in groin pain due to soft tissue injury. In contrast, an inguinal hernia involves the protrusion of abdominal contents into the groin, while inguinal nerve entrapment leads to pain as a result of nerve compression.

### C. Hip flexor tendinitis

Hip flexor tendon inflammation typically arises from overuse or muscle imbalances. This condition affects the muscles that allow for hip flexion and is often seen in athletes or individuals who perform repetitive activities involving these muscles. Treatment includes rest, stretching, strengthening exercises, and addressing any underlying imbalances.

### D. Iliotibial band (ITB) syndrome, trochanteric bursitis, and gluteal tendinitis

ITB syndrome presents as outer hip pain caused by the friction of the iliotibial band. Meanwhile, trochanteric bursitis and gluteal tendinitis are characterized by inflammation of the bursa and tendons surrounding the hip joint.

### E. Osteitis pubis and athletic pubalgia

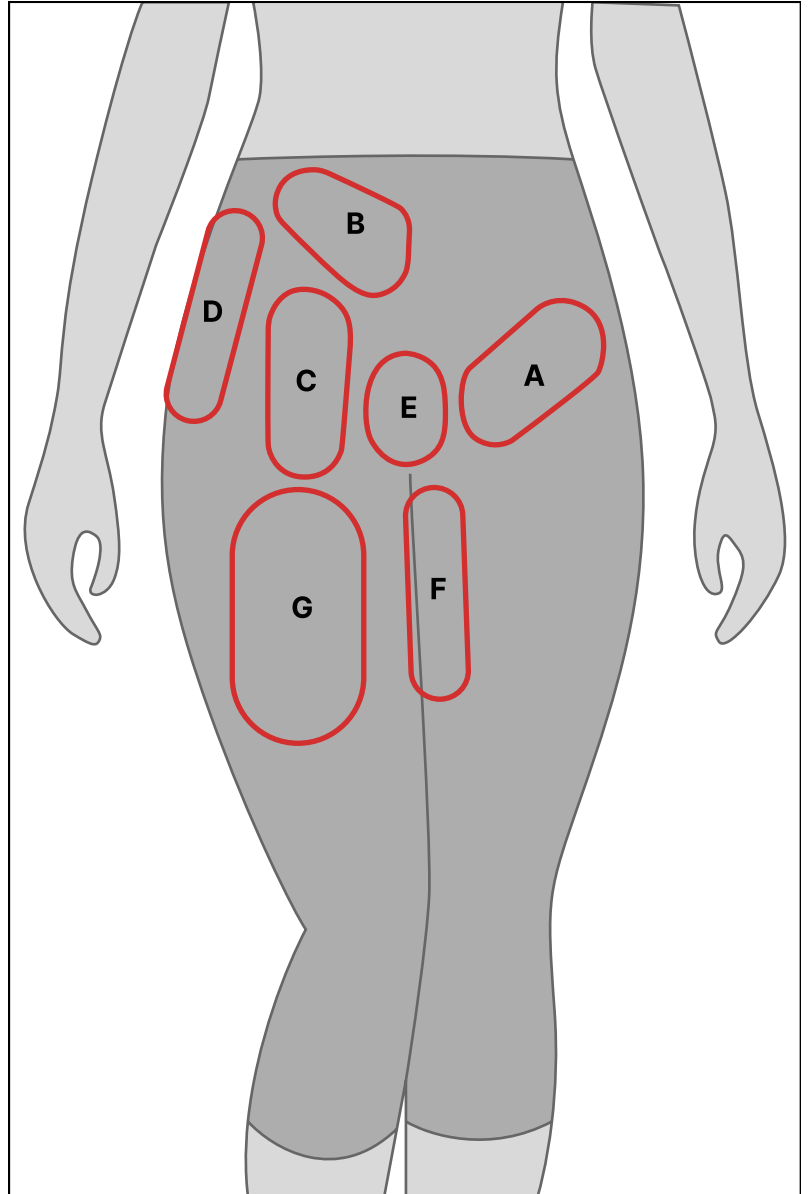
Osteitis pubis is characterized by inflammation of the pubic symphysis, whereas athletic pubalgia refers to persistent groin pain experienced by athletes.

### F. Adductor strain

Adductor muscle strain typically occurs due to sudden movements or excessive exertion. It can lead to pain in the inner thigh and may require rest, stretching, and strengthening exercises for recovery.

### G. Quadricep strain, meralgia parasthetica

Quadricep strain and meralgia paresthetica impact the front of the hip, leading to pain and sensory disturbances. It can be caused by overuse or direct trauma to the area and may require rest, physical therapy, and other treatments, depending on the severity of the injury.



## Posterior hip pain locations

### A. Sacroiliac joint pain

Pain in the sacroiliac joint, which connects the spine to the pelvis, is frequently linked to inflammation or dysfunction. The sacroiliac joint is a synovial joint, meaning it is surrounded by a fluid-filled capsule and allows for movement between the bones. When this joint becomes inflamed or irritated, it can result in significant pain and discomfort.

### B. Lumbar radiculopathy/sciatica

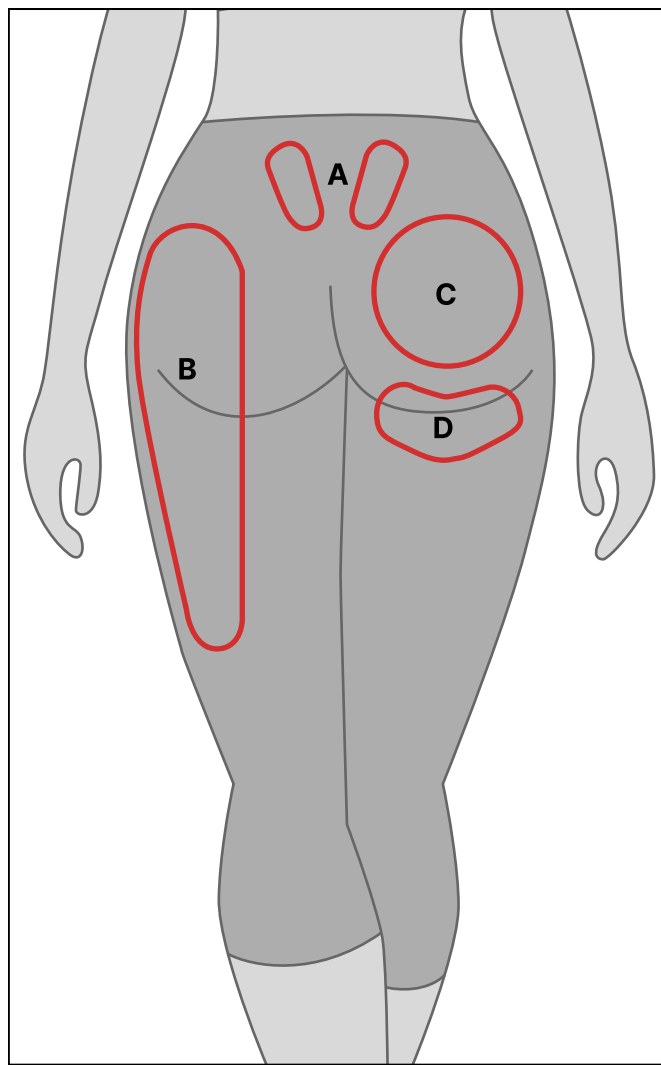
Pain that radiates from the lower back down the leg is often a result of compression of the sciatic nerve. Various factors, such as a herniated disc, spinal stenosis, or degenerative changes in the spine can cause it.

### C. Piriformis pain, deep gluteal syndrome

Piriformis pain is caused by irritation of the piriformis muscle, whereas deep gluteal syndrome results from the compression of nerves and blood vessels in the buttock area.

### D. Proximal hamstring tendinopathy, ischiofemoral impingement, pudendal nerve entrapment

Conditions that impact the back of the hip include proximal hamstring tendinopathy, ischiofemoral impingement, and pudendal nerve entrapment. These conditions can cause pain and discomfort in the buttock area and may be related to overuse, injury, or anatomical abnormalities.



## Lateral hip pain locations

### A. ITB syndrome, trochanteric bursitis, gluteal tendinitis

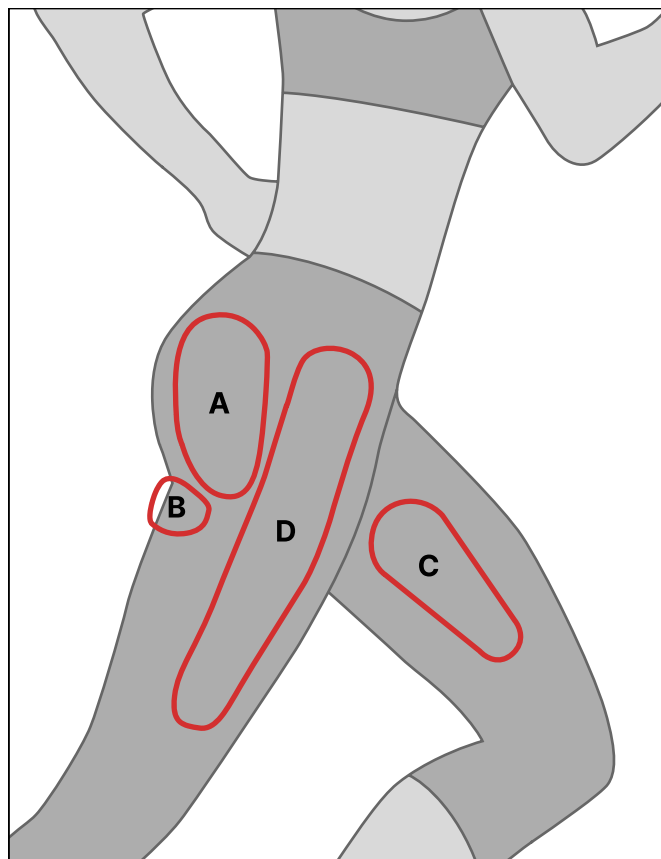
ITB syndrome presents as outer hip pain caused by the friction of the iliotibial band. Meanwhile, trochanteric bursitis and gluteal tendinitis are characterized by inflammation of the bursa and tendons surrounding the hip joint.

### B. Hamstring tendinitis

Hamstring tendinitis, also known as proximal hamstring tendinopathy, is an injury to the tendon that connects the hamstring muscles to the sit bone. This condition can cause pain and discomfort in the back of the hip and thigh and is often seen in athletes who participate in sports that involve sprinting or excessive jumping.

### C. Groin strain

A groin strain refers to an injury to the muscles or tendons in the inner thigh and pelvic region. It is commonly caused by sudden movements, such as kicking or twisting, and can result in sharp pain or a pulling sensation in the groin area. This condition is commonly seen in athletes, especially those who participate in sports involving rapid direction changes.



## D. Meralgia parasthetica, quad strain

Meralgia paresthetica is a condition that causes numbness, tingling, or burning pain in the outer thigh. It occurs when the nerve that supplies sensation to this area becomes compressed or irritated. Quad strain, on the other hand, refers to an injury to the quadriceps muscle group in the front of the thigh. This can occur from overuse or sudden forceful movement, resulting in pain and weakness.

**Disclaimer:** The hip pain locations illustrated in this diagram serve as general guidelines and may differ for each individual. Evaluating your patient's specific pain points and addressing them is essential.

## References

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