

Hip Pain

Patient Information Leaflet

MSK Musculoskeletal Physiotherapy Service



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www.leicspart.nhs.uk/msk-physiotherapy-resources-getting-started/

What causes hip pain?

Most people get hip pain at some point in their lives. It can hurt, but it is usually **not caused by anything serious**.

Anyone can get hip pain, but it is more common as we get older.

The hip is a very strong and stable joint. It is made of bones and cartilage and is supported by muscles, tendons and ligaments.

Common causes of hip pain

- starting a new sport, hobby or exercise
- repetitive movement of the hip
- muscle strains or ligament sprains
- muscle weakness caused by pain
- conditions such as osteoarthritis, rheumatoid arthritis or fibromyalgia
- being overweight, which puts extra strain on the hip
- poor sleep, stress or anxiety, feeling run down or smoking can also make the pain feel worse

Sometimes, there is **no clear cause**. In these cases, simple self-help usually improves the pain within a few weeks.

What are the symptoms?

You may feel pain:

- in the groin or the buttock
- in the front or side of the thigh, sometimes down towards the knee
- on the outside at the top of the hip

Pain may happen when:

- sitting down for a while, and then standing up
- walking for a while
- lying on the painful side
- crossing your legs
- doing your normal everyday tasks like putting shoes and socks on, or getting in and out of a car

Self-help

Hip pain usually gets better in **6-8 weeks**. Some of these tips can help:

- for the first few days, reduce or change your usual activities, for example, walk instead of run - as the pain improves, slowly return to your normal activities
- ask a pharmacist about simple pain relief you can take for a short time

- try to stay at work or return as soon as you can – your employer, GP or health professional can help you return gradually
- try and get a good night's sleep
- place a pillow between your shins, when lying on your non-painful side
- alternatively, place a pillow along your back to stop you rolling onto the painful side
- managing stress can help you cope better with pain
Relaxation or mindfulness techniques can help
- try gentle exercises to keep the joint moving and the muscles strong

Should I refer myself to physiotherapy?

Physiotherapy may help if:

- your hip pain is not improving after a few weeks despite the above advice
- pain is affecting your work or daily activities
- you experience recurrent episodes of hip pain.

When should I seek medical advice?

Call 111 or visit your local Urgent Care Centre if you:

- have hip pain after a fall or accident

- have a sudden reduced movement in the hip
- are struggling to walk or stand

Contact your **GP** if you:

- notice swelling in your leg
- find new lumps that you cannot explain

Remember

Most hip pain will improve with **time, gentle movement** and a **gradual return to normal activities**.

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.



MSK Physiotherapy Service

Find out more about the MSK Physiotherapy Service and what we offer

www.leicspart.nhs.uk/service/musculoskeletal-msk-therapy-physiotherapy/



Further Resources

Access our other MSK Physiotherapy resources [www.leicspart.nhs.uk/msk-](http://www.leicspart.nhs.uk/msk-physiotherapy-resources-getting-started/)

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