



Hip Injury Advice

You have had an injury to your hip. You have been assessed and investigated (including X-rays) as deemed necessary by a doctor or nurse practitioner. Most cases of hip pain in adults are due to Arthritis. This can be worsened by falls. Where appropriate, a hip injury will be investigated with X-rays. The doctor or nurse practitioner, who has seen you, feels that you have sustained a soft tissue injury or strain of your hip rather than a fracture involving the bone around your hip joint. They feel the injury sustained does not warrant any further investigation and could be treated with pain killers and exercise.

| Things you should do: | Things you shouldn't do: |
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| <ul style="list-style-type: none">• Try to rest you hip during the first 24 – 48 hours. After 48 hours try using your leg more.• Use ice packs or frozen peas wrapped in a damp towel, for 15-20 minutes every 2 -3 hours if you can.• Take the recommended medication to relieve the pain – this can be bought over the counter from a pharmacy or local shops. Follow the instructions on the packet/bottle carefully.• When going upstairs reduce the strain on your hip by leading with your good leg.• When going downstairs reduce the strain on your hip by leading with your problem leg.• If you have a handrail, use it to help you on the stairs.• You may have been referred to Physiotherapy, and we advise you to keep the appointment | <ul style="list-style-type: none">• Try not to have long spells of not moving your hip at all• Don't do heavy lifting or exercising until you have been seen by physiotherapy• Use ice packs<ul style="list-style-type: none">○ over areas of skin that are in poor condition○ if you have poor sensation to cold○ if you know you have poor circulation.• Place ice packs directly onto your skin as they can burn.• Leave ice on while asleep• Don't use ice for more than 20 minutes at a time - you won't be helping heal the injury any faster, and you can cause damage to the tissue |

Please remember

If you find that you are unable to bear weight, or your pain is worsening or your pain is not getting better in 2 – 3 days, then please attend the Emergency Department at the Grange University hospital (not Minor injury unit) for further assessment.

What exercises should I do?

We suggest that you rest for no more than 2 days and keep gentle walking around the house. Please wear flat shoes and avoid standing for too long. On the next page you will find some gentle exercises to do. Begin these flexibility exercises as soon as you can - provided they don't cause excessive pain – as they are designed to mobilise the joint, strengthen your muscles and so help you back to full function, flexibility and strength of your hip. The repetitions and sets are a guideline, add an extra 1 or 2 repetitions every few days if you feel comfortable. Try and do all these exercises 3 – 4 times a day.

1. Lie on your back and gently slide your heel up towards your bottom. Hold for 3 seconds then slide your foot back down x10 times



2. Lie on your back, bend one leg up and hold around the knee. Pull it toward your chest until you feel your buttocks muscles stretch. Hold for 30 seconds & change legs x 10 times



3. It's important to keep your back straight throughout this exercise. Using a chair or table for support, lift the leg on the side of your sore hip out to the side as far as is comfortable & return your leg to the floor x 10 times



**If you are at all concerned about your injury, please contact the relevant
Emergency Department: Grange University Hospital: 01633 493287
Or Minor Injury Unit (MIU):
Royal Gwent Hospital: 01633 234056
Nevill Hall Hospital: 01873 732073
Ysbyty Ystrad Fawr (YYF) MIU 01443 802353
Ysbyty Aneurin Bevan (YAB) MIU: 01495 363318**

4.It is important to keep upright throughout this exercise. Hold onto a chair or table for support. Keep your knee straight and lift the leg on the side of your sore hip back as far as is comfortable. Return foot to the floor x10



5. Stand straight, resting your hands on the back of a chair. Lift the active leg off the floor by bending your hip x10



Pain relief

Painkillers, such as **Paracetamol**, are useful to ease pain, but it is best to take them regularly for a few days or so rather than every now and then. They can be bought over the counter from a pharmacy or local shops. Make sure you don't take any other product containing Paracetamol.

If Paracetamol doesn't help at all despite taking the recommended dose, then try changing to Ibuprofen 400 mg three times a day. You can also take both drugs – speak to a pharmacist about the best way to do this. If you have been advised not to take Ibuprofen in the past or are on any blood thinning tablets then avoid Ibuprofen.

With all medication it is essential that you follow the instructions on the packet or bottle carefully

Anti-inflammatory painkillers (ibuprofen) relieve pain and may also limit inflammation and swelling, however if you are pregnant or trying to get pregnant you shouldn't use them.

Side effects sometimes occur with anti-inflammatory painkillers - stomach pain and bleeding from the stomach, are the most serious. Some people with asthma, high blood pressure, kidney failure or heart failure may not be able to take them either.

You can buy Ibuprofen at pharmacies both in tablet and gel form. There is less risk of side-effects with gel, however, the amount of the drug that gets into the bloodstream is much less than with tablets and it is important that you use enough gel.

If you are concerned about your progress, or if you have not improved in 2-3 days, we advise you to attend the Emergency Department at the Grange University hospital (not a minor injury unit).

If there is improvement and you need advice on exercise contact the Physiotherapy department as below.

Physio self-referral link:

[Aneurin Bevan University Health Board Physiotherapy Service \(wales.nhs.uk\)](https://www.wales.nhs.uk)



If you are unable to do this electronically you should call 0300 3732539 between 8.30am and 4.00pm Monday to Friday.

References: Osteoarthritis - Treatment and support - NHS

Analgesia - mild-to-moderate pain | Health topics A to Z | CKS |

NICE

Exercises for the hips | Versus Arthritis

Hip problems - Muscle, bone and joint injuries | NHS inform

**This document is available in Welsh/
Mae'r ddogfen hon ar gael yn Gymraeg**

