



# MADE ~ TO *move*

**Patient-centred. Performance-focused.**

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## SNAPPING HIP SYNDROME

### **What is snapping hip syndrome?**

When a tendon, or ligament, or cartilage passes over a bony prominence sometimes it creates an audible snapping sound. According to the literature, if the snap is not painful, then it is considered benign. When reviewing various articles around SHS, there seems to be four kinds. One describes the iliopsoas tendon snapping over the anterior femoral head or iliopectineal eminence. Another describes the iliotibial band rubbing over the greater trochanter. Another describes infra-articular derangement of the labrum with loose bodies, or osteochondral fragments causing a snapping sensation. Finally one where the hamstring creates a palpable snapping sensation.

### **What clinical tests are positive in internal (psoas)?**

Thomas, Modified Thomas, Stinchfield, iliopsoas stress test, and movement from flexion, abduction, and external rotation to extension, adduction, and internal rotation in supine decubitus.

### **What clinical tests are positive in external (ITB)?**

Ober, FABER, Hula-Hoop, and active flexion followed by passive extension and abduction in lateral decubitus.

### **What is the treatment for internal (psoas)?**

The literature recommends considering stretching for the psoas, gluteus medius rehabilitation,

### **What is the treatment for external (ITB)?**

Identifying which muscle is causing the tightness is key. From there determining if there is simply passive and active stretching needed or if neuromuscular balance is needed between gluteus maximus and tensor fasciae lata.

### **Do I need surgery?**

In most cases, conservative care yields good results. SHS is not an inflammatory condition but it is multi factorial, meaning different areas need to be examined to relate the best treatment plan.

### **Is Snapping Hip Syndrome common in dancers and gymnasts?**

Due to the amount of hip flexion and hip external rotation involved in dance and gymnastics, it is a risk factor for developing SHS.

### **What can I do to avoid SHS?**

Avoid over training even skill specific over training and maintain a healthy balance of cross training to stay conditioned but not over worked.

### **Can running cause SHS?**

Although runners seem to be more at risk for developing SHS, according to the literature, running on a sloped surface could contribute to developing ITB snapping over the greater trochanter.

### **What dance moves cause the most snapping?**

One study found that grand plié, grande battement à la seconde, and développé à la seconde all to induce the most snapping in patients with SHS.