



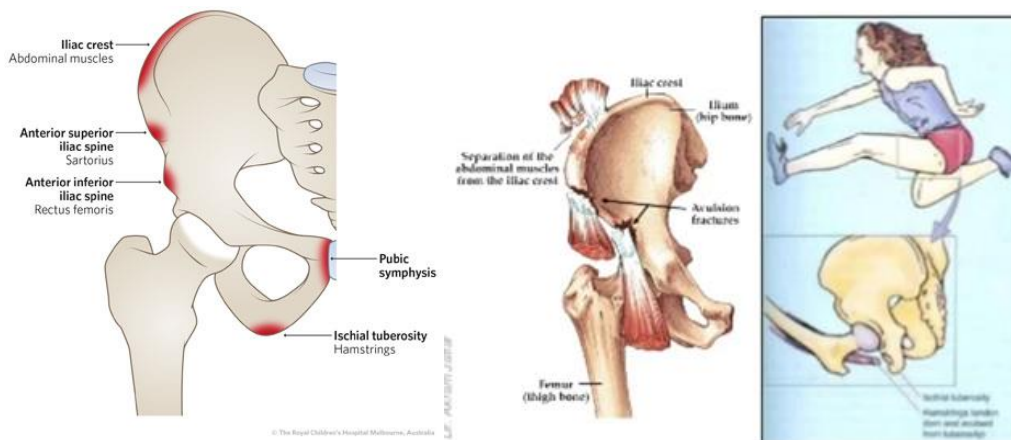
Hip Apophysitis

What is it?

An “*Apophysis*” is part of the *growth plate* where the muscles and tendons attach to a bone. “*Traction Apophysitis*” is irritation and inflammation of this attachment site. This is usually caused by overuse, such as repeated traction from the muscles and tendons on the vulnerable apophysis. In severe cases, a small piece of bone can be pulled off. This is called an “*Avulsion fracture*”. One location in the body where this can happen is the hip, which is the site of attachment for many leg and abdominal muscles.

Who is most affected?

Children and adolescents are especially prone to this injury because their bones are growing and the apophysis has not yet fused to the bone. Active kids who do a lot of *running and jumping* are most at risk of developing apophysitis. Symptoms include hip/groin pain with activity and pain when pressing on the apophysis. Occasionally, there may be swelling.



Treatment:

The goal of treatment is to reduce pain and inflammation at the apophysis. This is done by:

- *Rest from aggravating activities, especially running and jumping – the most important step!*
- Ice after exercise
- NSAID's (Advil, Aleve, Ibuprofen), topical Voltaren cream, Tylenol
- As symptoms improve, stretching and strengthening exercises are critical
- Physical therapy - can improve strength, flexibility and hasten recovery

When can I return to sports?

Athlete can return to sports when their pain improves. An athlete's pain does not need to be 100% but their pain should be dramatically improved so that it does not cause persistent pain or affect their performance.