



Smith & Thomas
Injury Rehabilitation Centre



Injury Conditions

Article: 4

Hip/Groin Pain



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It can be very difficult to determine the main cause of the problem when it comes to hip pain, due to the complexity of the area. It is very important to be thorough with the assessment to be able to provide an accurate diagnosis.

Adductor Muscle Strain

Common in sports that involve quick changes in direction.

Symptoms

- Usually quick on set
- Localised pain

Snapping Hip

This can be caused from the tensor fascia latae muscle or possibly from the hip flexor tendons that pass over the hip.

Symptoms

- Snapping noise over the hip

Lumbar Pain

This can be very common, a referred pain from the lower back.

Symptoms

- Depended on what the diagnosis is the symptoms can vary from stiffness to tenderness.