



## Snapping Hip Syndrome

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Snapping hip syndrome is characterized by a 'snapping' sensation and sometimes even an audible noise with certain hip movements.

A lot of the time the 'noisy' movements are pain-free, but sometimes they can be painful and interfere with activities.

There are a number of different factors that may contribute to a 'snapping hip', but one of the most common is having TIGHT and WEAK hip flexors. Usually, when we think of a tight muscle, we assume it's strong. WRONG!

The hip flexors are often short and tight, especially if you spend a large portion of your day sitting. In the gym, these muscles are often stretched, but strengthening is neglected.

In order to improve your snapping hip, we need to work on both stretching AND strengthening the hip flexors!

There may be other movement faults contributing to your snapping hip, so if you aren't seeing any improvement with stretching and strengthening, give your physiotherapist a call!

