

What's That “Snap, Crackle and Pop” in My Hip?



Your hip joint is one of the sturdiest joints in your body, and while hip degeneration is a normal part of aging, overuse and irritation can cause the snapping or popping sound you hear when you walk or get up from a seated position. While the sensation is usually painless, over time and without proper treatment, it could lead to **bursitis**, a painful inflammation of the fluid-filled sac, or bursa, that helps bones and muscles move smoothly.

If the snapping bothers you, but not enough to visit the doctor, you can apply ice to your hip; take nonsteroidal anti-inflammatory drugs (NSAIDs) if your doctor agrees; and/or change your workout routine to avoid repetitive movement of the hip to prevent future complications.

If you still experience discomfort after trying these remedies, we can perform simple range-of-motion, gait, posture and stability tests on your hips, from which we can design a plan that may include

- **stretching and flexibility exercises so the muscle and tendon will glide more easily and not cause bursitis of the hip;**
- **exercises to strengthen muscles around the hip joint to help decrease the burden on the hip;**
- **massage therapy;**
- **heat and cold application;** and
- **ultrasound.**

Remember, pain and unusual sounds are your body's way of telling you something has changed. Consult us if you hear snapping or popping sounds and experience pain in your hip when walking or rising from a seated position. Importantly, an exercise routine may greatly assist you in maintaining your lifestyle.