

Pain, stiffness in upper outer hip area



DebWP 18 posts since

Dec 27, 2005

I ran Boston in April, and since then have had pain and stiffness in my outside hip. I took 1-1/2 weeks off immediately following the marathon, and then started up slowly, running only every other day, up to 3-5 miles each run, and sometimes a bit longer (8ish) on the weekend run. I did not feel the pain when I ran, but would be stiff afterwards, particularly after sitting or the next morning. After about 2 months of this, I stopped running and went to see a sports doctor. He diagnosed IT band issues and referred me for PT. I don't think it's the IT band (and neither does the therapist), because it's pretty high on the hip (closer to the waist than the leg) and I've had no pain down the leg or on the outer knee. I've had ITBS years ago and this did not feel like it at all. Anyways, the PT has been doing some electro-stimulation, deep massage, and has me on a stretching routine. It has felt much better - I don't feel it at all except if I extend that hip out in a stretch.

After 4 weeks of PT and no running, he told me to "test" it this past weekend. I did 2 miles, alternating between walking and running. Today it is sore again when I walk, though not too bad. But I know I'm not ready to begin running again because it will just start flaring up.

Any idea what this injury is, how long it will take to fully heal, and whether I should consider an MRI at this point? I have been able to crosstrain (cycling and swimming) with no issues but I really miss running. I had achilles tendonitis for over two years that kept me in and out of running until I finally overcame it this past winter, so I really do not want to be sidelined with yet another injury.

Thanks.

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TG runner 1 posts since

Mar 31, 2008 1. Re: Pain, stiffness in upper outer hip area Jul 29, 2008 7:12 PM

Well, I'm mainly writing to say I'm currently experiencing the same kind of pain, and came to this page on the site try and find helpful information. So I don't come with any answers, sorry. I just picked up this new issue on my left hip about 1 week ago, and ran with it all last week. Occurrence of symptoms sounds the same as you...I'm OK during my runs, although i need a slow warm up, something like walking .5 mile and stretching. I ran hill repeats today and felt 100% OK. But after the run, as i cool down, the pain comes back, hurts when i'm sitting, and the next morning. I took a rest day yesterday but today was pretty much the same. I have a history of ITB tightness and pain, but lately it has been better as i've been using a self-massage technique to loosen it up. I also seem to have some tightness and minor related pain in my lower back on the same side, but it's very minor

What i think caused it was skipping stretching after a 5-mile run, which came 2 days after my long run of 10 miles. Instead of stretching, i went right into my garden and pulled weeds for 45 minutes, bent over at the hip...stupid, i know! After a few other injuries since late last year, I think i've learned to take time off to heal (2 months for achilles tendonitis), but in those cases, the injuries all hurt during my runs, and running made them worse. In this case, the runs don't make it worse, and I feel fine during...so i've continued. I'm concerned though that it will catch up to me. I have a 24-hour relay in September, and my first half-marathon in October, and want to build to those. If the pain was such that i couldn't run, i'd take time off immediately...

Anyway, i'm going to keep looking for answers, and might try to see my doc and some PT. I look forward to seeing any helpful responses to your post.


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Tom



[sherrymclaughlinpt](#) 27 posts since

Apr 21, 2008 2. **Re: Pain, stiffness in upper outer hip area** Jul 30, 2008 12:09 PM

 in response to: [TG runner](#)

We have seen this several times, and recently in runners. It could be from an oblique injury (abdominal muscle pull) and usually occurs in a muscle that is already over stretched, usually due to postural asymmetry. (i.e. is one shoulder higher than the other... usually in marathon runners that train on roads a lot, the left shoulder is higher).

I would love to help you guys via email if you want: smclaughlin@mihp.net. I just have a few questions to ask you and don't want to break privacy rules. Recurring injuries like achilles tendonitis or this oblique thing are usually due to a hip that is not loading properly.

It is fixable... but you don't want to stretch an already overstretched muscle. Typically, there are other things you can stretch to ease the tension in this spot.

You can also check out our website for credibility purposes: www.mihp.net

Sherry



[DebWP](#) 18 posts since

Dec 27, 2005 3. **Re: Pain, stiffness in upper outer hip area** Aug 6, 2008 9:12 AM

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Well, after an X-ray (normal) and MRI, it's been determined that I have a strain of the gluteus medius tendon. I have started osteopathic manipulation treatment (OMT), but the doctor did say that this injury is "tough to get rid of". Also, he could not confirm that we could definitely rid me of it. If OMT does not work, he will try injections (I forget what he called this, but it does not involve meds - I think he injects something that sort of irritates the area to improve blood flow). He may also refer me for acupuncture at that point.

I am very scared at this point that I may not be able to run again (ever). Please, has anyone had this injury and recovered fully from it? Also, other than the obvious (restraint if/when I return to running, stretching), what other things can I do to minimize tendon injuries? As I said previously, I suffered from achilles tendonitis for 2+ years. I know that as we age, our bodies are more prone to strain and overuse injuries. I just turned 48, and I want to be able to lead an active life when I'm 68 (and beyond).



[sherrymclaughlinpt](#) 27 posts since

Apr 21, 2008 4. **Re: Pain, stiffness in upper outer hip area** Aug 6, 2008 10:43 AM

↑ in response to: [DebWP](#)

Please email me at smclaughlin@mihp.net. You can check us out at www.mihp.net. We have seen this and helped countless of runners with this. I can send you some exercises and other activities to try. There is hope for you! You will be able to run again, you just have to do some specific things.

Sherry



[JTovson](#) 1 posts since

Jan 12, 2009 5. **Re: Pain, stiffness in upper outer hip area** Jan 12, 2009 11:51 AM

↑ in response to: [DebWP](#)

I first experienced this pain about 7 years ago, with rest and anti-inflammatory it went away. Reoccurred about 2 years ago, again I rested for several weeks and took over the counter

Pain, stiffness in upper outer hip area

pain relief. I have now had this paid since Aug 08 and have been unable to elevate it. I have been to several Dr's (PT's, Chiropractors, Orthopedic surgeon) all who have a different diagnosis. Have you had any relief with the OMT?