

HIP FACTS FROM THE LITERATURE #98

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ACTIVE ADULTS WITH HIP PAIN ARE TYPICALLY WORRIED ABOUT THE MEANING OF HIP CREPITUS



A qualitative study of 15 adults (age 35(8); 9 women) with hip/groin pain (mean i-Hot score 60.1) and crepitus, who participated regularly in sport.

Main themes identified:

- Crepitus: an unwanted sensation
- Uncertainty about the meaning of crepitus
- Concerns about future problems related to crepitus

Active adults with hip/groin pain also modify their activities, especially hip flexion movements, due to the sensation of hip crepitus

This qualitative study reported that active young adults with hip pain and crepitus are typically uncertain about the meaning of hip crepitus and concerned about what it means for their future hip health. A previous paper in this series showed that hip crepitus was not correlated at all with joint changes over a 2 year period, in this same cohort with early osteoarthritis.

This is great information that we can then use to reassure our active younger patients who are concerned about noises coming from their hips and the relationship with deteriorating hip health.

Young adults also reported that they modify their activity to avoid the unwanted sensation. Depending on how they are modifying their activity, for example reducing activity levels or moving in aberrant ways, it may be important to address this as part of your overall management. If a patient reports that their hip makes noises that they are concerned about, address the patients concerns directly by assessing the noise, if it can be reproduced. Depending on the likely source, you might reassure them or aim to address underlying causes, which could include particular movement or muscle impairments.

Serighelli, F., Snowdon, D. A., Barton, C. J., et al. "I think there is something not right in my body": Beliefs and attitudes of active adults with hip/groin pain towards hip crepitus - A qualitative study. *Musculoskeletal science & practice*, 2025; 80, 103427.