



**PLAYING MY BEST
SPORTS**
DISCOVER YOUR ELITE ATHLETE



HIP POINTER

A hip pointer is a contusion (bruise) to the iliac crest and abdominal muscles. The trauma results in bleeding, swelling and pain. It is a common injury in contact sports and one of the most debilitating injuries in athletics.

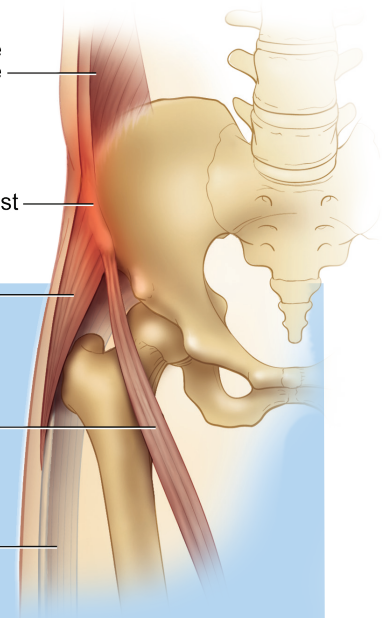
External oblique muscle

Iliac crest

Tensor fasciae latae muscle

Sartorius muscle

Iliotibial tract (IT band)



FACTORS THAT CONTRIBUTE TO INJURY

The injury occurs when there is a direct blow or trauma to an unprotected or improperly protected hip bone (iliac crest). It's most common when a helmet contacts an unprotected hip bone or when a keeper dives to catch a soccer ball and lands directly on the hip or when a keeper dives to catch a soccer ball and lands directly on the hip.

SIGNS AND SYMPTOMS

- Pain over iliac crest
- Swelling
- Bruising or redness over iliac crest
- Muscle spasm
- Pain with walking
- Very painful trunk rotation (upper body turns right and left) and hip flexion (knee comes up toward chest)
- Pain over iliac crest

TREATMENT

- Referral to a physician to rule out fracture of iliac crest or epiphyseal injury
- Padding over hip for protection
- Avoid contact re-injury



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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