Hip Pointers and Shoulder Tips

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Hip Pain

• Do you have hip pain?

• Where exactly?
Hip Pain

Most hip pain is NOT in the hip joint!
• Your leg is probably not going to fall off
• You’re probably not going to lose use of your leg

Hip Pain

Common sources:
• Greater trochanteric bursitis
• Iliotibial band syndrome
• Sacroiliac joint
• Lumbar spine
  ▪ nerve impingement, sciatica
• Pelvic pain
• Hip joint
Greater Trochanter

Greater Trochanteric Bursa (& Bursitis)

Bursa: fluid-filled sac that covers a bony prominence
Iliotibial Band
Iliotibial Band Syndrome

Instability or subluxation sensation

GT Bursitis & IT Band Syndrome

Treatment:
• Steroid injection
  ▪ Can’t repeat indefinitely
• Massage/stretch IT band (↓ spasm)
  ▪ Foam roller
  ▪ Rolling pin
• Straps (esp if pain around knee)
GT Bursitis & IT Band Syndrome

Treatment:
- Tone-↑ stability, ↓ stress/strain
  - Low back
  - Abdominal/pelvic
  - Thigh
- Strengthen inner thigh muscles
  - Yes, strength (this is the exception!)
  - Balance tight IT band & outer muscles

Sacroiliac Joint
Sacroiliitis

Treatment:
• Steroid injection
  ▪ Can’t repeat indefinitely
• Massage/stretch gluteal (buttock) muscles
• Core tone
Lumbar Spine

Nerve Impingement
Sciatica

Nerve Impingement

Treatment:
- Steroid/anesthetic injection
  - Can’t repeat indefinitely
- Massage/stretch
- Core tone
- Surgical decompression (last resort)
Pelvic Pain

- Small intestine
- Colon, rectum
- Appendix
- Bladder, ureters, urethra
- Uterus, ovaries, tubes
- Genitalia
- Muscles
- Linings (hernias)
- Bones

Treatment: too many possibilities

Hip Joint
Hip Joint

Hip Problems

- Arthritis
- Tendonitis
- Dislocation/subluxation
- Ligament damage
- Labrum tear
- and others…
Hip Treatments

- Rest
- Bracing/stabilization
- Steroid injections
  - Can’t repeat indefinitely
- Massage/stretch
- Tone
- Surgery?
  - Replacement—last resort
  - Labrum repair--controversial

Shoulder Anatomy
Shoulder Instability

• Instability: usually forward and down
• Goal:
  ▪ Better posture
  ▪ Shoulders up & back
  ▪ Nagging doesn’t help!!
Capsule Tightening

- Goal: stabilize shoulder
- Often fails in EDS
- Connective tissue is stretchy!

Interscapular Muscles

- Trapezius
- Levator scapulae
- Rhomboideus minor
- Rhomboideus major
- Seventh cervical vertebra
Interscapular Toning

- Rowing
- I’s, T’s, Y’s
- Squeeze imaginary hot dog between shoulder blades

Shoulder Instability

Treatment:
- Tone muscles around shoulder
- Tone interscapular muscles (!)
- Bracing as needed
- Surgery as last resort
  - Often only temporary improvement
Questions?