



Hip Pointer

Definition: A hip pointer is a deep bruise on the iliac crest, a bone located on the outside of the waistline.

Common Terms: This injury is a contusion of the iliac crest, or top portion of the pelvis bone. Hip pointer is the most commonly used term to describe this condition.

Typical Mechanism of Injury: A hip pointer is caused by a direct blow to the iliac crest. It commonly occurs in contact sports such as football, when a helmet is driven into the bone on the outside of the hip, or from a hard hit to the ground. Unfortunately, when hip pads are not worn in contact related sports an individual significantly increases the risk of encountering this injury. Thus, in most cases with appropriately worn padding, the injury is preventable.

Common Signs and Symptoms: A person that has a hip pointer may have tenderness in the top portion of the hip, loss of function, bruising, and pain with walking and running.

Common Treatment: Treatment for this injury usually begins with icing for 15–20 minutes every 2–3 hours, for about 2–3 days or until the pain goes away. This injury needs time to heal itself. General range of motion should be performed, though it is expected to be slightly uncomfortable while performing. An application of protective padding may also be applied during daily activities, as well as when a return to participation is achieved in an effort to avoid a recurrence and bump to the painful area.

Prevention: A hip pointer is not usually preventable when padding is not worn. However, when playing a contact sport it is important to wear the proper protective padding over the iliac crest.

Expectations: Recovery from this injury may take days to weeks, depending on how soon the injury is reported. Padding the iliac crest can protect from further injury and allow the athlete to return to athletic participation when the athlete is pain-free with walking and running.

DEPARTMENT OF ORTHOPAEDICS & SPORTS MEDICINE
Carol & Frank Morsani Center for Advanced Health Care * 13330 USF Laurel Dr * Tampa, Florida
33612 * (813) 396-9625 * FAX (813) 396-9195 * www.health.usf.edu
usfORTHO.com