

# HIP PAIN REFERRAL GUIDELINE

Maine Medical Partners - Orthopedics & Sports Medicine (Div. Of Sports Medicine) · 119 Gannett Dr, South Portland, ME · (207) 773-0040

HIGH RISK	MODERATE RISK	LOW RISK
SUGGESTED EMERGENT CONSULTATION	SUGGESTED CONSULTATION OR CO-MANAGEMENT	SUGGESTED ROUTINE CARE
<b>SYMPTOMS AND LABS</b> Severe pain  Causes severe limp or inability to weight bear  Severe clicking, popping, catching or locking  Any history of radicular symptoms, loss of bowel/bladder control or severe abdominal pain	<b>SYMPTOMS AND LABS</b> Moderate pain  Causing mild limp  Moderate clicking, popping, catching or locking  Increased groin, lateral or buttock pain  Pain with activities of daily living including sitting, standing or driving	<b>SYMPTOMS AND LABS</b> Mild pain  Able to walk without limp  Increased pain with running, squatting or twisting activity  Minimal clicking, popping, catching or locking
<b>SUGGESTED PREVISIT WORKUP</b>  Schedule urgent appointment with sports medicine  Seek appropriate evaluation if concern for spinal or abdominal concerns	<b>SUGGESTED WORKUP</b>  Consider radiographs  Schedule routine appointment with sports medicine	<b>SUGGESTED MANAGEMENT</b>  Ibuprofen and/or acetaminophen as needed  Ice, heat or other modalities to address pain  Therapeutic exercise  Activity modification, decrease deep squatting, twisting or impact activities

## CLINICAL PEARLS

- Hip pain can be caused by a number of different pain generators both intra and extra articular
- Groin pain is usually indicative of an intra-articular hip pathology
- Lateral pain is usually indicative of an extra-articular hip pathology
- Low back pain or radicular symptoms can often coincide with hip pain or pathology
- Hip pain that does not resolve with rest or activity modification should be evaluated by a physician