

Education

Hip Pointer

What is a hip pointer?

A hip pointer is a deep bruise on the top portion of your pelvis, called the iliac crest.

How does it occur?

A hip pointer is caused by a direct blow to the iliac crest. This injury most commonly occurs in a contact sport such as football, when a helmet is driven into the iliac crest.

What are the symptoms?

You have tenderness in the top portion of your hip.

How is it diagnosed?

Your health care provider will examine your hip and pelvis. He or she may get an x-ray if he or she thinks there might be a fracture to that part of the iliac bone.

How is it treated?

At first, treat your injury with ice packs for 20 to 30 minutes every 3 to 4 hours for 2 to 3 days or until the pain goes away. A hip pointer needs time to heal itself. Protect yourself from further injury by placing padding over the injury.

How long will the effects last?

The pain from a hip pointer will usually last several weeks, sometimes longer. You will usually have pain with contact to the hip pointer for several weeks after the injury. A pad taped over the hip pointer can provide protection.

When can I return to my normal activities?

Everyone recovers from an injury at a different rate. Return to your activities will be determined by how soon your hip recovers, not by how many days or weeks it has been since your injury has occurred. In general, the longer you have symptoms before you start treatment, the longer it will take to get better. The goal of rehabilitation is to return you to your normal activities as soon as is safely possible. If you return too soon you may worsen your injury.

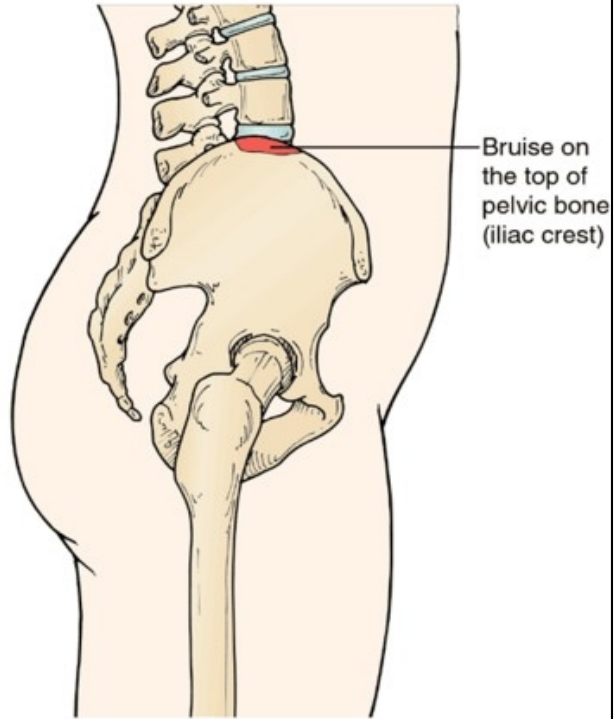
You may return to your normal activities after a hip pointer when you have no pain when walking or jogging.

How can I prevent a hip pointer?

A hip pointer is usually not preventable. However, if you are playing a contact sport it is important to wear proper protective padding over this area of your body.

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Hip Pointer



Bruise on
the top of
pelvic bone
(iliac crest)

Side view of hip