

ILIAC CREST CONTUSION

The hip pointer occurs at the level of the hip or pelvis. The rectus femoris (one of the quadriceps muscles) and the abdominal muscles attach to a bone called the ilium. The abdominal muscles attach to a part of the ilium called the iliac crest. A hip pointer results from either a contusion to the iliac crest or from a separation of the muscle fibers from the iliac crest. Symptoms include pain, tenderness, and difficulty walking.

Mechanism of injury

Like thigh contusions, a hip pointer usually results from a direct blow. A severe hip pointer can occur after a significant stretch injury that leads to tearing of the muscle fiber insertions at the iliac crest.

Management

Hip pointers should be treated early to minimize prolonged impairment. If your physician is suspicious of a fracture or avulsion (separation of the muscle from the bone), X-rays may be obtained. This is especially important for younger athletes who may still be growing.

Return to play

Return to play is generally permitted once pain is tolerated and gait (walking) has returned to normal. Protective hip pads are helpful and recommended.

