

Hip Stiffness/Frozen Hip Patient Information Sheet

What do I need to know?

What is my diagnosis?

Generalised tightness of the soft tissues around the hip, similar to a frozen shoulder.

Frequent signs and symptoms

- Lack of flexibility of all hip joint movements
- Secondary pinching and pain from other soft tissues eg the acetabular labrum.

Causes of hip stiffness

- May occur for no reason
- Can occur after hip joint surgery
- Tissues get thickened or scarred losing their flexibility and suppleness.

How can it be treated?

Stretching programme involving long, slow stretches in each direction:



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Lean chest forward
over knee



Rotation stretches –
knee on wheeled stool,
rotate foot in and out

General fitness

Regular exercise such as brisk walking, jogging, cycling, rowing, cross trainer will help keep your joints supple. Aim for 30 minutes a day.

Physiotherapy

Physiotherapy can help progress the above exercises as required

Edinburgh self referral – complete form

East Lothian self referral – telephone

Midlothian – referral from GP

West Lothian – referral from GP

[Where To Find Us – Musculoskeletal Physiotherapy \(nhsllothian.scot\)](https://services.nhsllothian.scot/musculoskeletal/where-to-find-us/)

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