

Injury Prevention Tips

Can apophysitis of the pelvis/hip be prevented?

To help prevent hip pain and other injuries, it's important to take care of your body before, during, and after activity.

- Always start with a proper warm-up—about 10 minutes of light jogging, biking, or simple exercises to get your blood flowing.
 - This helps warm up your muscles so they're more flexible and less likely to get hurt.
- After your workout or practice, take time to stretch the big muscle groups, especially if they feel tight.
 - Hold each stretch gently for 30 seconds—no bouncing!
- Most importantly, never try to play through pain.
 - Pain is your body's way of telling you something's wrong.
 - If something hurts, rest and give it time to heal.
 - If the pain doesn't go away after a few days, talk to your healthcare provider.
 - Getting help early means faster healing and getting back to your favorite activity.



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Drew E. Warnick, M.D.
Lee G. Phillips, M.D.
Daniel C. Bland, M.D.
Ryan E. Fitzgerald, M.D.
Brian R. Piazza, M.D.
Alexander T. Sanders, M.D.



625 6th Avenue South, Suite 450
St. Petersburg, FL 33701
Phone: (727) 898-2663 - Fax: (727) 568-6836

3440 West Dr. MLK Jr. Blvd, Suite 200
Tampa, FL 33607
Phone: (813) 879-2663 - Fax: (813) 872-0286

8318 Market Street
Bradenton, FL 34202
Phone: (727) 898-2663 - Fax: (727) 568-6836

www.chortho.com



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Apophysitis of the Pelvis/Hip

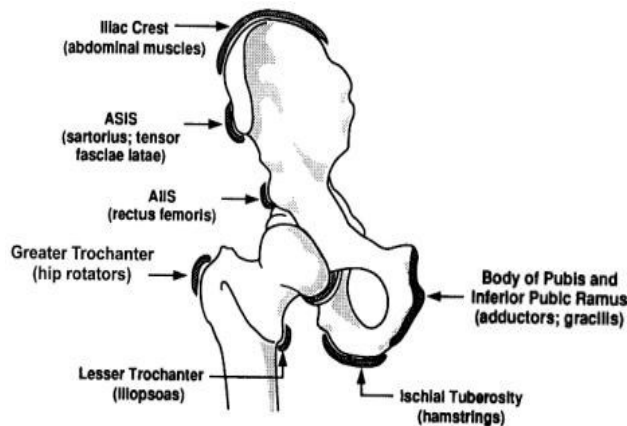


Understanding Apophysitis of the Pelvis/Hip

What is Apophysitis of the pelvis/hip?

An apophysis is a growth plate that provides a point for a muscle to attach to the bone. Growth plates are made up of cartilage that is softer and more vulnerable to injury than mature bone.

When the muscle attached to the apophysis is excessively tight or overused, it can put increased tension and stress on the apophysis, which results in irritation and inflammation. This is called apophysitis. There are several apophyses at the hip and pelvis that can be affected.



How does it occur?

Hip apophysitis usually happens from overuse—when the same muscles are used over and over again during activities like running, jumping, or kicking. These muscles pull on a special area of the bone called the apophysis, and too much pulling can make it sore and irritated.

Who is at risk for developing apophysitis of the pelvis/hip?

Pelvic/hip apophysitis most commonly affects adolescents between 12 and 18 years of age.

Adolescent athletes with excessively tight hip and thigh muscles are also prone to pelvis/hip apophysitis. Most often it affects athletes who are runners, sprinters, dancers, soccer players and ice hockey players.

The apophyses most commonly affected are the anterior superior iliac spine (ASIS), the anterior inferior iliac spine (AIIS), the ischial tuberosity and the iliac crest. The muscles that attach to these apophyses flex and extend the hip and rotate and twist the pelvis and trunk.

What are symptoms of apophysitis of the hip/pelvis?

- Dull pain in the groin that worsens with activity.
- Dull pain in the front, back, or side of your hip that worsens with activity.
- Tenderness over the injury site.

Apophysitis may be mistaken for a muscle strain.



How do you treat apophysitis of the hip/pelvis?

Your healthcare provider will recommend rest from activities that cause symptoms to happen or worsen until the pain and tenderness go away. Anti-inflammatories such as ibuprofen (Advil/Motrin) or naproxen (Aleve) will also help with healing and pain. Your healthcare provider may also prescribe formal physical therapy as part of your treatment plan.

Stretching and gentle strengthening the muscles that attach to the affected apophysis (hip and abdominal muscles) will also help with healing.

It may take as long as 2-3 months for the pain to resolve and for the apophysis to heal. Once you are pain free with daily activities and the x-rays look normal, a gradual return to activities is recommended.

When can I return to sports or activities?

The goal is to return you to your sport or activity as quickly and as safely as possible. If you return to activities too soon or play with pain, the injury may worsen or return. This could lead to chronic pain and difficulty with sports.

Everyone recovers from injury at a different rate. In general, the longer you have symptoms before starting treatment the longer it will take to get better. Sometimes it can take up to 2-3 months for complete healing.

Safe return to sport occurs when full range of motion and strength have returned, x-rays show healing of the apophysis, and there is no pain when performing functional and/or sport specific activities.