

Hip Hip Hooray

- Part 1

Keeping your hips strong will help you stay walking, running and jumping well into old age.

DID YOU KNOW

The hip joint is one of the most important joints in the human body. Without it,



a dancer would not be able to do a full 180-degree leap



a sprinter would not be able to propel himself forward

What is the hip joint and why do I need it?

The hip joint connects your thigh bone (femur bone) to the top of your pelvic bone.



Your hips bear your body's weight and absorb the force of your leg and hip muscles. The hip joint promotes range of motion and provides stability.

Does wear and tear affect the hip joint?

Yes. The ends of your hip bones are covered with cartilage that help minimise friction when the hip joint moves and rotates. If the cartilage is damaged or thinned out, friction will develop when the joints move and this causes pain and inflammation. This process of "wear and tear" of the joint is known as osteoarthritis.

Ouch! I feel a pain in my hip. Could it be a hip fracture?

Possibly, if there was a fall or injury to that region.

You will know that you have a hip fracture ...

... if you fall and are unable to walk or bear weight on the injured side. The pain is usually extreme and even moving the limb becomes very painful. Symptoms include pain in the groin, lower back, or buttock region. The pain will increase with time and become unbearable, making it difficult to walk.

How are hip fractures caused?

Hip fractures are usually caused by minor trauma to the hip joint in the elderly. They can occur due to a fall from a standing height, or a minor twisting injury or stumble for those with severe osteoporosis.

Are hip fractures common?

Yes, they are more common in the elderly population due to underlying osteoporosis.

“
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According to a study done locally, 2,729 hip fractures occurred in 2017. Currently, approximately 2,500 cases are seen locally each year and this number is expected to reach 9,000 in 2050 due to our ageing population.

Source: Hip fracture rates for men and women in Singapore on the decline, The Straits Times, 15 October 2019

Stay tuned to Part 2 to find out how hip fractures are treated and how you can avoid them!

