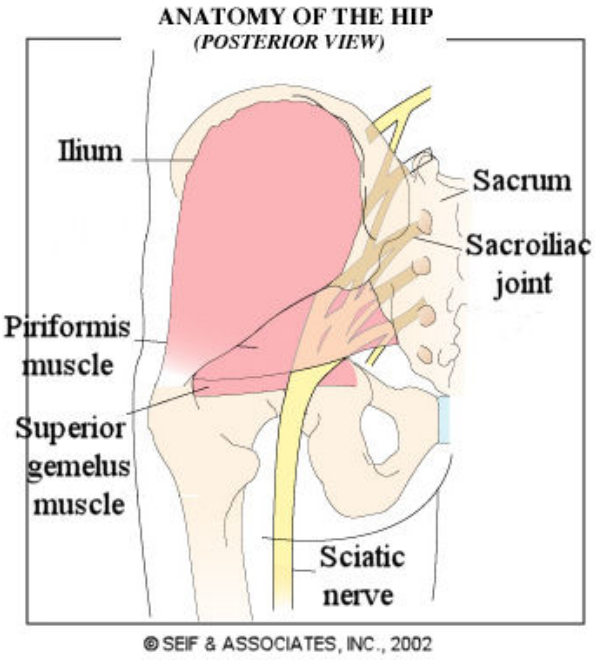
Hip Injury

You have a been diagnosed with a hip injury. Falls can cause fractures to the pelvis and hip as well as very painful bruises. These are called 'hip pointers'. Muscle injuries, arthritis, sciatica, and bursitis and can also cause severe pelvic or hip pain. An x-ray exam will usually show a fractured bone, but sometimes other studies like a CT scan or MRI may be needed to be certain about the diagnosis. **All painful hip injuries should be treated like there might be a fracture until they are better or determined not to be fractures**.



Rest in bed over the next 3-4 days, or as long as you have severe pain. You should not bear weight on your injured hip. Use crutches or a walker. Ice packs can be applied to the injury site for 20 minutes every 2-4 hours for several days. Pain medicine may be needed to help you rest, especially at night.

A follow-up exam and further studies to determine the cause of your pain are important if your symptoms do not improve rapidly over the next week.

SEEK IMMEDIATE MEDICAL CARE IF YOU:

- Re-injure your hip.
- Develop more pain, a fever, inability to walk, or other problems.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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