Hip Pointer (Iliac Crest Contusion)

A hip pointer is an injury which is usually caused by a blow to the top of your pelvic bone. This is the point of bone at belt level. You can feel this area of your pelvis when you press in on the side towards the front of your abdomen. If you are slender, it is the bone that sticks out on your hip in front. This is usually a bruise. The injury most often comes from contact sports such as football or hockey. Rest and ice are usually all that is needed.

DIAGNOSIS

The diagnosis can be made by history and examination. X-rays may be taken to check for a fracture.

HOME CARE INSTRUCTIONS

- Apply ice to the sore area for 15 to 20 minutes, four times per day while awake. Put the ice in a plastic bag and place a towel between the bag of ice and your skin. Do this for the first 2 days.
- Keep your leg extended when possible. This means your leg is kept straight with your body. This would be the same position as if you were lying flat on your back with your leg flat on the bed.
- Walk or move around as the pain allows and as instructed.
- If a compression bandage such as an ace wrap was applied, use it until you are seen for a follow-up examination. You may remove it for sleeping, showers, and baths.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. Do not take aspirin for the first few days. This may increase the bruising.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have an increase in bruising, swelling, or pain.
- You notice coldness of your toes.
- Pain is not relieved with medications.

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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