

# 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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