The Ultimate Guide to Nonsurgical Treatments for Hip Impingement (Femoroacetabular Impingement)

What Is Hip Impingement?

"...a condition where the bones of your hip joint come too close and pinch tissue or cause too much friction." - Stanfordhealthcare.org

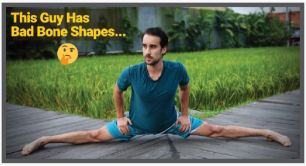
"They say that...
Bad bone shapes = **Big** hip problems
...but is this the whole story?

The Hidden Story of Hip Impingement:

There are **2 reasons** for hip impingement (not just the bones!)

1

Bone Reasons for Hip Impingement:



2

Muscular Reasons for Hip Impingement:

The muscular reasons for FAI fall into three categories. It is possible to have problems in any (or all) of these categories:

- Muscle flexibility
- Muscle tissue quality
- Muscle activation (or lack thereof) and motor control

The video + animation below explains the muscular theory of hip impingement:

There are three types of bone "deformities" in hip impingement:

Cam impingement occurs when the head of the femur is too thick or has bumps and cannot fit well into the socket.

Pincer impingement occurs when the rim of the socket, or acetabulum, has extra bone which also causes the head of the femur to not fit well into the socket.

Mixed impingement is when a person has a mix of these types of bone shapes.

Research (and experience) shows the bone shapes are NOT the only reason hips hurt. They matter, but they are not the only determinant of hip joint health and mobility.

You can read more here:
https://www.thefaifix.com/bones-dont-cause-fai-pain/

Muscular Theory for FAI
PAIN SUCKS

Muscles that are too tight, too weak, or full of knots and trigger points can cause a joint to be out of position and cause impingement. In fact, the feeling of "impingement" is often just the muscles themselves and not the joint.

How To Tell If You Have Hip Impingement:

Here are symptoms that you may feel in daily life:

- Stiffness in the thigh, hip, or groin
- The inability to flex the hip past 90 degress
- Pain during hip flexion and internal rotation
- Pinching or aches in the front hip, groin or outer hip

The symptoms manifest in various ways … The pinching can be sharp or dull, hard or soft. It can even be more like a constant throbbing in the hips (groin/glute, etc.)

Sometimes symptoms show up NOT in the hip, but in the low back [or SI joint (as was the case for me).]()

Sometimes the symptoms show up as [early warning signs in the gym.]()

Hip Impingement Symptoms in The Gym:

WARNING
EARLY SIGNS
OF
HIP IMPINGEMENT

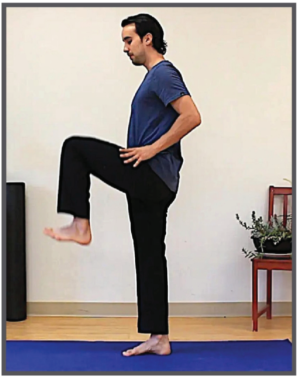
Wondering if you have hip impingement in when you workout?
The clues in the video above are a few dead giveaways that you have a hip problem.

Tests for Hip Impingement:

In **TheFAIFix.com** program we include over 14 "self-tests" to help you pin-point your problem areas and gauge progress. This level of specificity is very helpful, but in the beginning, the following 3 are a good place to start.

NOTE: These are NOT tests to tell if you have "bad bone shapes." These are just general tests for pain/mobility in your hips. Use these tests as a starting point for what you might need to work on.

Hip Flexion



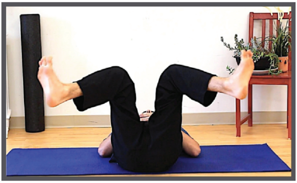
Active Hip Flexion – Stand on 1-leg with the leg completely straight. Relax and breath. Actively raise your right leg into hip flexion as far as you can and keep your right knee bent at 90 degrees.

If you can bring your leg up to 110-120 degrees from the floor without pinchiness or discomfort then you passed the test. If not, then it's a fail.

Passive Hip Flexion – Repeat the steps from test 1but instead of actively raising your leg, passively raise your leg into hip flexion. Do this by picking up your own leg with your arms and moving it into hip flexion.

Again, 110-120 degrees from the floor without pinchiness or discomfort is a pass. Anything less is a fail.

Expect slightly more range of motion in passive hip flexion.



Hip Internal Rotation

Active and Passive Hip Internal Rotation – Lie on your back on the floor. Bring your right leg up to 90 degrees of hip flexion. Keep your right knee bent at 90 degrees as well.

Now internally rotate your right leg so that your right foot moves away from the midline of your body. If you can internally rotate your leg 30-45 degrees then you pass.

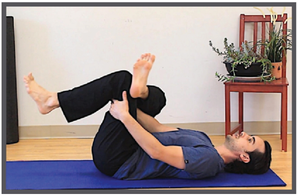
The same can be done passively by manually moving your leg or having someone else help.

Hip External Rotation

Lie on your back on the floor. Bring your right leg up to 90 degrees of hip flexion. Keep your right knee bent at 90 degrees as well.

Now externally rotate your right leg by so that your right foot moves toward and over the body. If you can externally rotate your leg 45 degrees then you pass. The same can be done passively.

Note: You can do all of the "active tests" passively (if you have a therapist, coach, partner to help you.) Both passive and active tests will teach you something about your hips.



How To Fix Hip Impingement (Treatment Options):

Physical Therapy (PT) for Hip Impingement:

If you're looking to restore pain-free motion in your hips over the long term, physical therapy can be helpful, but it might be incomplete.

In the end, you need to take responsibility for becoming your own best therapist.

Surgery for Hip Impingement:

The success of these surgeries is not what one would expect. In some cases surgery may actually make hips WORSE.

If the "bad bones" cause pain … and the excess bone is gone … then how does pain persist?

Injections for Hip Impingement:

Intra-articular steroid injections can be used to reduce pain and improve hip function. However, the effects of these are temporary.

In summary, hip injections are probably not something to bet all your money on.

The Best Approach for Hip Impingement

The best approach for hip impingement combines the best strategies from modern science with unique and innovative exercises NOT found in traditional rehab programs.
It's also important that this approach comes from real life experience (not textbook theory).

The FAI Fix

My Personal Battle with Hip Impingement (FAI)

Click on video above.

The TSR System for Fixing Hip Impingement

The FAI Fix is based on personal experience and the experience we have gained in developing a system that is helping thousands of people with this specific problem since 2015.

We call this the TSR System.

TSR stands for Tissue Work, Stretching, and Reactivation.

Tissue work

Tissue work is massaging muscles (in a highly specific way) to restore tissue quality, reduce pain and improve range of motion.

This kind of "massage" (targeted tissue work) is much deeper, and much more effective than normal massage or simple foam rolling.

This detail is of the utmost importance. There is always a deeper level of tissue work, stretching and reactivation.

Stretching

Muscles need to be stretched. Stretching is a part of the TSR method because it is the main way to restore a muscle to its normal length. All muscles of the hip: quads, hamstrings, adductors, glutes and hip flexors can tighten up and cause FAI symptoms.

Here are 2 videos which will teach you how to stretch better right now:

- **How to Stretch:** 6 Different Techniques
- **Deep Hip Opening:** How to make stretching 2-3x more effective

Reactivation / Reeducation

Reactivation means "waking up" sleep muscles. When muscles are not used they become "dumb" (poor motor control), atrophied and weak. This is often called muscle amnesia or gluteal amnesia (to refer to a commonly underactive muscle group.)

Another reason is overdoing the same movement pattern. For example, playing soccer seven days a week and developing muscle imbalances.

- **Bad motor control** = your body feels unsafe and it shuts down ROM.
- **Good motor control** = your body feels safe and you have good ROM.

Muscle & movement reeducation fixes this.

Anterior Pelvic Tilt, Posture and Lifestyle

Posture affects FAI in one common scenario: anterior pelvic tilt.
Anterior pelvic tilt (APT) is when the pelvis tilts forward excessively.

Training your core to realign your pelvis and posture will help in the FAI recovery process.

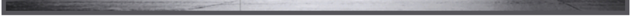
The Golden Rule is that “motion is lotion”.
Posture plays a big role in hip impingement.

How Long Does It Take To Recover from Hip Impingement?

The answer, of course, is it depends. Depending on how bad your hip mobility is, tissue quality, and overall lifestyle has been, it can take anywhere from just a few months to several years.

The most successful clients of ours tend to learn to love learning about their hips/body.
They realize they are learning invaluable life skills.

Summary + Action Steps to Fix Hip Impingement:



In 2011 I was on the verge of hip surgery. Now, my hips can move like what you see in the video above.

If you're looking for a solution to your hip problems that doesn't involve drugs, pills, or surgery (and is money-back guaranteed to help you), check out The FAI Fix.

Hip impingement is a serious matter. I know it affects your life. It affected mine too.

I hope this article & videos gives you…

Hope that you can recover.

The FAI Fix