MetLife | Return to Health – Occupational Health Insights

Hip Pain

Hip pain may be a result of an acute injury, repetitive use causing wear and tear on the joint, or other conditions that cause stress on the joint.

Examples of acute injury include strains and sprains, fractures, and dislocation.



Common hip diagnoses:

- **Osteoarthritis**
- **Labral Tear**
- **Bursitis**
- **Avascular Necrosis**
- **Sprains**
- **Strains**

Things to consider when taking the holistic approach:

- Employers can work with their employees to identify changes that can potentially reduce the impact of hip pain. Working as a team can result in reduced absenteeism and improved outcomes for the employee.
- There are several conditions that can cause hip pain as well as many factors that can exacerbate hip pain such as the aging process, obesity, occupational duties, and physical fitness levels.

- **Pre-shift stretching**
- **Regular exercise**
- **Maintaining a healthy weight**
- **Utilization of other resources such as your health insurance and employer benefits**

Ways employers can work with employees to help prevent hip conditions:

Encouraging ongoing education regarding proper body mechanics

- Proper lifting
- Proper sitting posture

Identifying areas where utilizing equipment could reduce strain

- Assistive devices to raise or transport materials
- Adjustable workstation
- Padded floor mats
- Alternate seating - ergonomic chairs

Identifying potential temporary job modifications

- Two person lifts
- Shared job responsibilities
- Limited weight bearing
- Limited squatting, bending

Building in and adhering to schedule breaks

Participating in formal ergonomic assessment

Information contained herein is for purely informational purposes only, and is not intended to present medical, occupational, or therapeutic advice.

1. Centers for Disease Control https://www.cdc.gov/workplacehealthpromotion/health-strategies/musculoskeletal-disorders
2. Hip Pain (2023Sept01) accessed July 24/2025 from Mayo Clinic https://www.mayoclinic.org/symptoms/hip-pain/basics/causes/sym-20050684

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