



ACTIVEPHYSIO[®]

If it's not active it's not physio

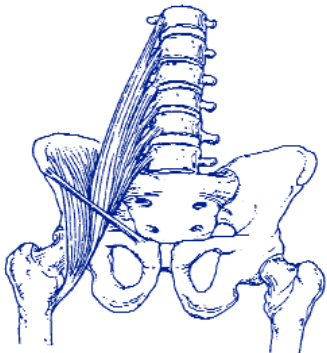
Patient Information

Hip Pain



The condition

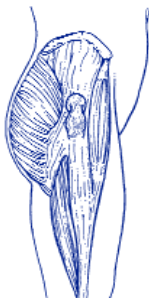
- Hip Pain
- Osteoarthritis of the hip
- Groin Strains



The hip joint is closely associated with the sacral and low back joints and muscles

About the condition

The most common cause of hip pain is osteoarthritis where the joint has worn and the muscles surrounding the hip have become tight and weak. Other causes of hip pain can be a pain referred from another area – usually the back but also the knee. Active people such as runners can develop hip pain as a result of muscle imbalances between weakness of the lower abdominals and tightness in the muscles that control the hip. This is often the cause of repeated muscles strains such as groin strains, or strains which do not recover completely within the usual time frame of 3 weeks or so.



Many problems arise from imbalance between the strength of the hip muscles and length of the hamstrings and hip flexors



The thigh muscles are prone to rapid wasting associated with disuse

Usual symptoms include

- Pain sited in the back of the hip (buttock) and/or groin and/or front and outside of the thigh often as far as the knee
- Pain on weight bearing, sitting for prolonged periods
- Stiffness on getting out of a chair or rising in the morning
- Limitation of movement particularly backward and sideways movement
- A feeling that the hip may “give out”

What we can do to help

- We address the weakness by progressively stretching the muscles specifically
- We stretch the tight structures of the joint and controlling muscles with massage, stretches and gentle joint manipulation
- We use acupuncture to relieve the pain and promote healing
- We advise you on physical fitness activity which will not make your condition worse
- We are planning to see you about ____ times over the next ____ week(s)

Your local Active Physio:



ACTIVEPHYSIO[®]

If it's not active it's not physio

www.physio.co.nz