

Hip Pain

Your road to recovery begins today, and we're looking forward to working with you to get you back to doing the things you love.

Hip pain is something that physical therapists treat every day. From the high school athlete to the retired construction worker, hip pain is something that affects people of all different backgrounds for many different reasons. The cause of hip pain is often complex and due to many factors that are not just limited to the structures of the hip joint itself. Outside of certain special cases, hip pain is often best managed by a physical therapist. Research has shown that care by a physical therapist can often produce equal or better outcomes when compared to more invasive treatments like medications, injections, or surgery.

Your treatment with your physical therapist may include a resistance exercise program, a progressive aerobic exercise routine, manual therapy, and education on your pain/condition. You'll also receive a home exercise program to empower you to self-manage and treat your pain. You will also have access to an online portal where you can view your home program, ask your therapist a question, and track your progress. Each aspect of your care will be uniquely tailored to your ability, goals, and interests.

Here are three very important things to keep in mind to help speed up your recovery:

1. Remain Active/Motion is Lotion

Try to keep moving as much as you comfortably can. Research has shown that staying active can be very beneficial in your recovery from your hip pain. It is good to continue your day-to-day activities and participate in light-exercises, such as walking. If any of these activities increase your hip discomfort, it is okay to discontinue them and try something else. But, if you have had a recent surgery or fracture and have special instructions about how much weight to put through your affected hip, or how you can and cannot move that hip, it is very important to adhere to these guidelines!

2. Hurt Does Not Always Equal Harm

Many people with hip pain initially limit their activity because they are afraid to cause more damage to their hip. As mentioned above, staying active is very important in your recovery. The human hip joint is remarkably strong and resilient, so it is highly unlikely that your normal day-to-day activities will do anything harmful to your hip. The severity of pain does not always match the level of damage to your body. Think of how painful stubbed toes can be, especially in the morning when you're half asleep. There is very little tissue damage with a stubbed toe, but significant discomfort. With this in mind, it is important to be conscious of your pain, but do not let it scare you!

3. Changes in your symptoms

If you notice a significant increase in your pain, a drastic change in your ability to bear weight, or a serious worsening of your strength and ability to move your hip-- especially if you have recently had a surgical procedure-- please contact your physical therapist immediately.

We look forward to serving you!

- The InMotion PT and Golf Fitness Team