The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance.

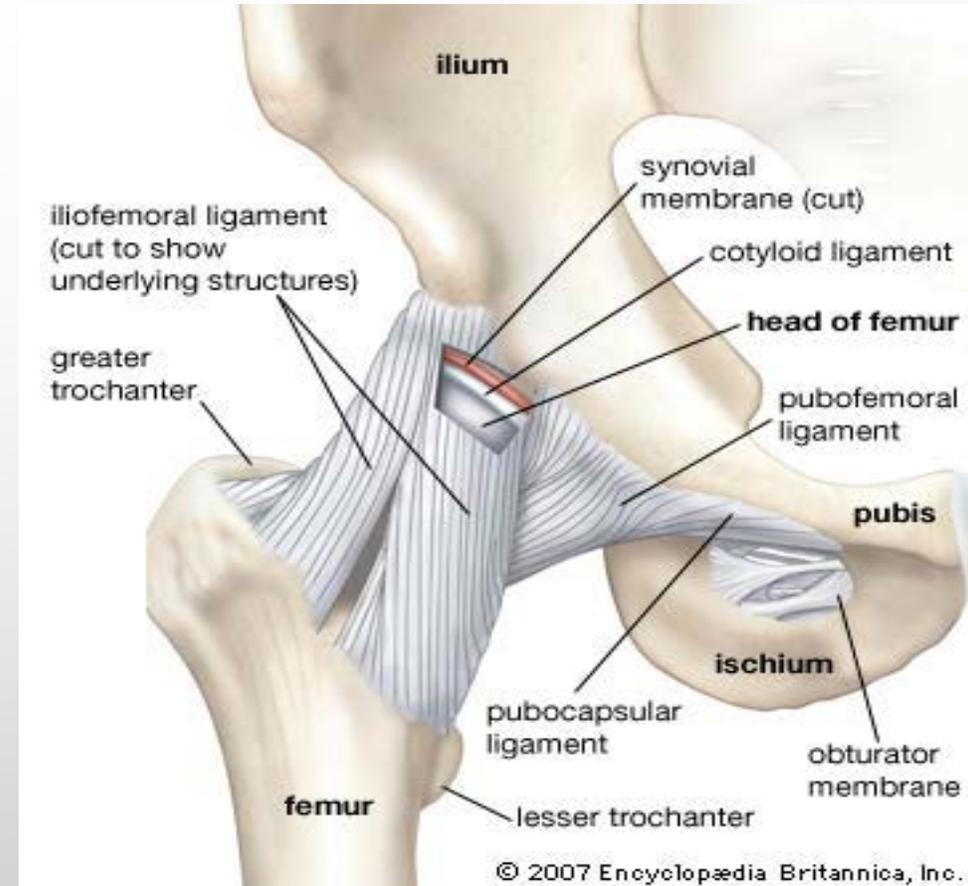
TAKE CONTROL OF HIP PAIN: SIMPLE AND EFFECTIVE ACTIVITIES TO TREAT AND RELIEVE YOUR SYMPTOMS

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WHAT MAKES UP THE HIP?

- THE HIP IS A JOINT COMPRISED OF THE FEMORAL HEAD (THIGH BONE) AND A SOCKET OF THE PELVIS CALLED THE ACETABULUM. CARTILAGE IS LOCATED INSIDE THE JOINT AND HELPS THE HIP MOVE FREELY IN ALL DIRECTIONS.
- LIGAMENTS AND MUSCLES SURROUND THE HIP TO HELP PROVIDE STABILITY.
- IT'S ONE OF THE MOST IMPORTANT JOINTS IN OUR BODY BECAUSE IT HAS TO WITHSTAND OUR OWN BODYWEIGHT WHEN UPRIGHT AND IT'S RESPONSIBLE FOR ALLOWING US TO WALK WITH NORMAL MECHANICS.



WHAT IS HIP PAIN DEFINED AS?

- HIP PAIN IS A GENERIC TERM USED TO DESCRIBE ANY PAIN OR DISCOMFORT FELT AROUND THE HIP REGION.
- IT CAN BE CAUSED FROM MANY DIFFERENT THINGS WHICH WILL BE DISCUSSED ON THE NEXT SLIDE.
- PAIN FELT IN THE HIP CAN ALSO BE REFERRED THERE FROM OTHER PARTS OF THE BODY WHICH IS KNOWN AS REFERRED PAIN.

COMMON CAUSES OF HIP PAIN

- ARTHRITIS (OSTEOARTHRITIS MOST COMMON)
- HIP BURSTITIS (INFLAMMATION OF THE HIP BURSA)
- HIP DISLOCATION
- HIP FRACTURE
- HIP MUSCLE DYSFUNCTION (TENDINOPATHY, STRAIN, TIGHTNESS)
- HIP IMPINGEMENT
- SCIATICA
- LOW BACK INJURY (HERNIATED DISC, STRAIN/SPRAIN, CHRONIC PAIN)
- OSTEOPOROSIS
- AVASCULAR NECROSIS (DEATH OF BONE TISSUE DUE TO DECREASED BLOOD FLOW)

COMMON SYMPTOMS ASSOCIATED WITH VARIOUS HIP CONDITIONS

- ARTHRITIS – PAIN AROUND THE HIP THAT'S USUALLY WORSE IN THE MORNING AND INCREASES WITH EXTENSIVE ACTIVITY, INCREASED STIFFNESS AROUND THE JOINT, DIFFICULTY WALKING AND/OR WALKING WITH A LIMP, “LOCKING” OF THE JOINT OCCASIONALLY WHEN MOVING IT.
- MUSCLE DYSFUNCTION – PAIN WHEN USING THE MUSCLE, SWELLING, LIMITED MOTION, WEAKNESS.
- SCIATICA – PAIN THAT CAN EXTEND FROM LOW BACK TO HIP/BUTTOCK AND DOWN THE LEG, WEAKNESS OF THE MUSCLES INNERVATED BY NERVE, NUMBNESS/TINGLING/BURNING SENSATION THAT CAN OCCUR DOWN ENTIRE LEG.
- LOW BACK INJURY – PAIN THAT MOVES AROUND THE HIP, DIFFICULTY MAINTAINING A SEATED OR STANDING POSITION FOR LONG PERIODS OF TIME, MUSCULAR SPASMS.

TREATMENT OPTIONS

- DEPENDING ON THE NATURE OF THE INJURY NONSURGICAL INTERVENTIONS AND LIFESTYLE MODIFICATIONS CAN BE VERY BENEFICIAL FOR DECREASING YOUR SYMPTOMS. IT'S RECOMMENDED THAT YOU VISIT YOUR DOCTOR IF YOUR SYMPTOMS AREN'T CHANGING FOR HIS EXPERTISE AND ADVICE.
- COMMON NONSURGICAL TREATMENTS INCLUDE ICE/HEAT, MEDICATIONS, CHANGES TO DIET, AND EXERCISE/PHYSICAL ACTIVITY.
- EXERCISE IS VERY IMPORTANT IN RELIEVING SYMPTOMS ASSOCIATED WITH HIP IMPAIRMENTS BUT OFTEN INDIVIDUALS DON'T GET ENOUGH OF IT DUE TO LACK OF TIME OR NOT KNOWING EXACTLY WHAT TO DO.
 - THE MOST RECENT STATISTIC ACCORDING TO THE CENTERS FOR DISEASE CONTROL SAYS JUST 48% OF ADULTS GET THE RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY PER WEEK.
- THE FOCUS OF THE TREATMENTS DISCUSSED FROM HERE ON WILL BE ON EFFICIENT AND EASY EXERCISES THAT A PERSON CAN DO TO HELP ALLEVIATE THEIR PAIN AND STRENGTHEN THE HIP.

WHERE TO START?

- A GOOD PLACE TO START WHEN TRYING TO BECOME MORE ACTIVE AND EXERCISE IS START WALKING MORE. WALKING IS ONE OF THE SIMPLEST AND MOST BENEFICIAL THINGS A PERSON CAN DO TO IMPROVE THEIR HEALTH.
- ANYTHING FROM GOING FOR A DAILY WALK AROUND YOUR NEIGHBORHOOD, WALKING AROUND THE MALL, AND WALKING UP/DOWN THE STAIRS INSTEAD OF TAKING THE ELEVATOR ARE SMALL THINGS THAT AT FIRST MAY NOT SEEM LIKE MUCH BUT OVER TIME WILL ADD UP AND BE VERY BENEFICIAL.
 - TRY TO AIM FOR 30 MINUTES OF WALKING A DAY AT LEAST
- TRY FINDING OTHERS TO WALK WITH IN GROUPS SO THAT YOU'RE MOTIVATED TO WALK MORE AS WELL.

STRETCHES AND STRENGTHENING EXERCISES

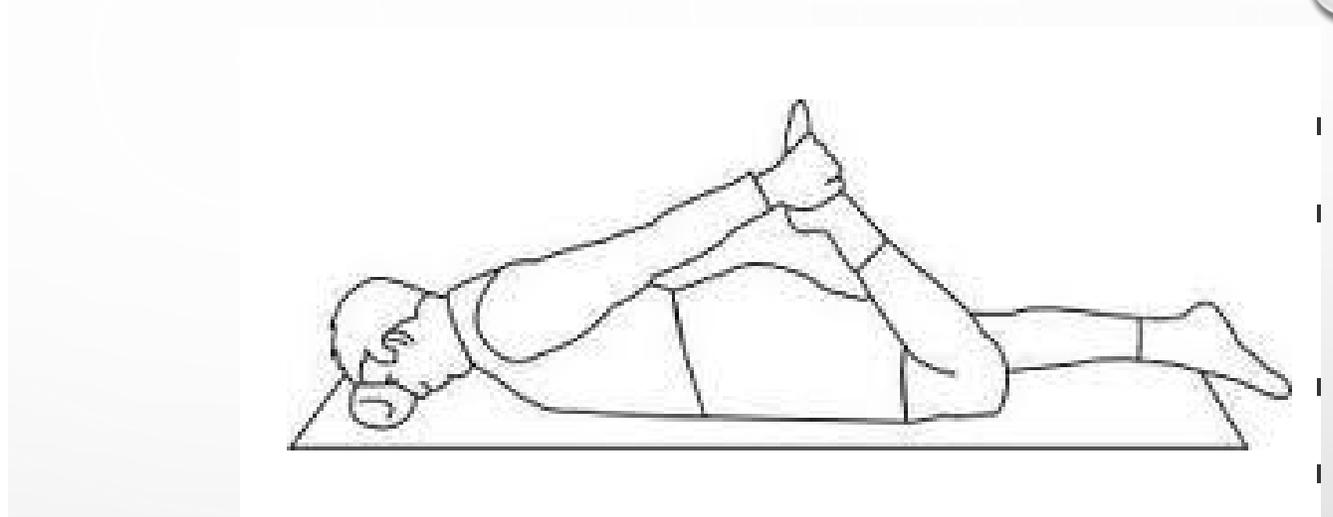
- THE STRETCHING AND STRENGTHENING IS RECOMMENDED TO BE DONE AFTER WARMING-UP WITH TASKS SUCH AS LIGHT WALKING OR RIDING A STATIONARY BIKE FOR 5-10 MINUTES.
- IT'S UP TO YOU TO DETERMINE WHETHER TO STRETCH OR STRENGTHEN FIRST, BUT MOST INDIVIDUALS CHOOSE TO STRETCH BEFORE STRENGTHENING.
- IT'S RECOMMENDED INITIALLY BEGIN BY PERFORMING THE FOLLOWING EXERCISES AT LEAST ONCE A DAY.
 - STRETCHES SHOWN SHOULD BE HELD FOR 30 SECONDS EACH X 2-3 SETS. THE INDIVIDUAL SHOULD ONLY STRETCH EACH MUSCLE UNTIL A NICE COMFORTABLE STRETCH IS FELT.
 - STRENGTHENING EXERCISES SHOWN SHOULD BE PERFORMED AT 10 REPETITIONS X 2-3 SETS EACH.

- QUADRICEPS STRETCH (2 WAYS) – FRONT OF THE THIGH

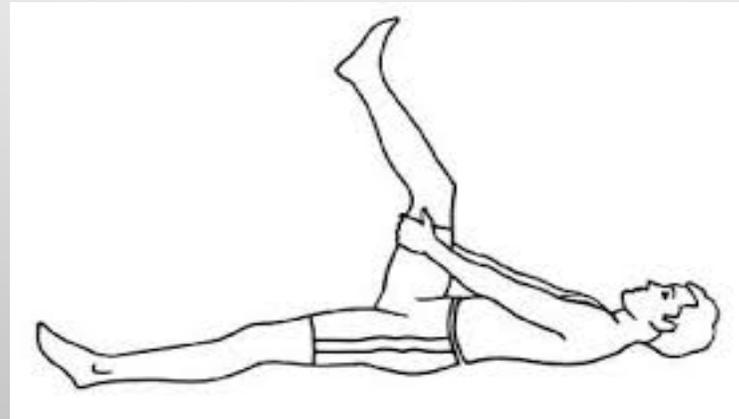
- STANDING



- LYING ON STOMACH



HAMSTRINGS STRETCH (2 WAYS) – BACK OF THE THIGH



*When performing stretch on back you may need another person to stretch the leg for you if you can't feel a good stretch in back of the upper leg.

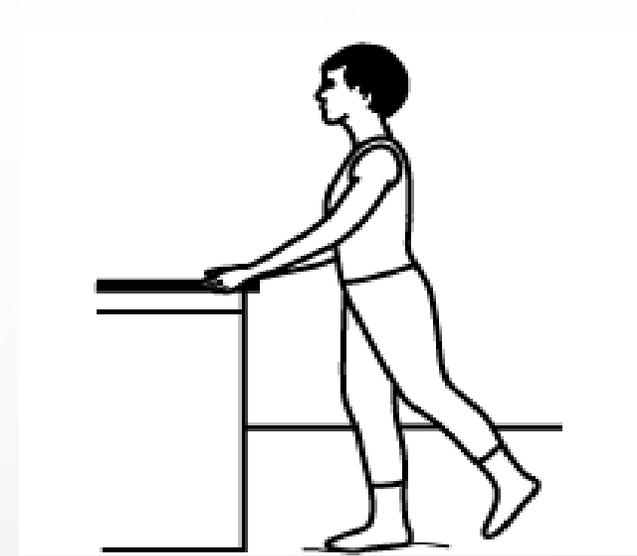
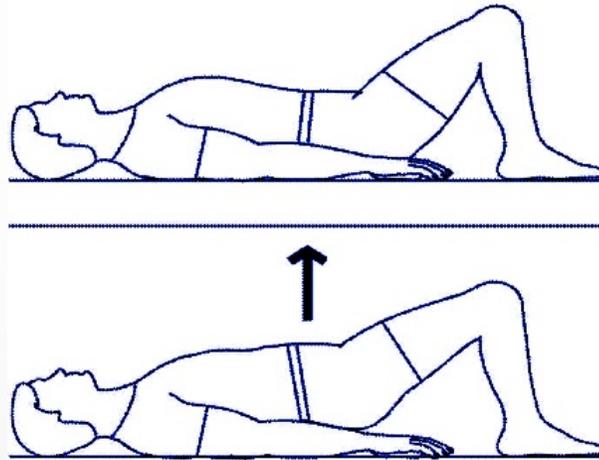
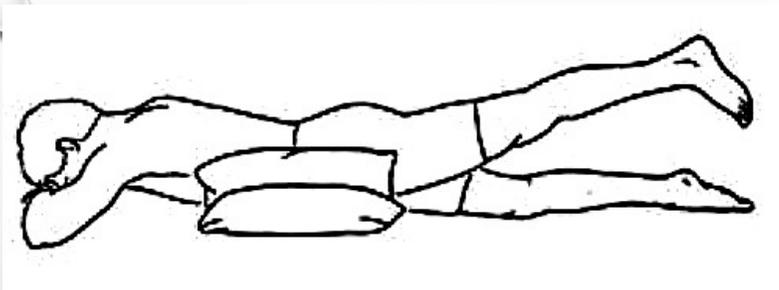
- KNEE TO CHEST – BUTTOCKS AREA



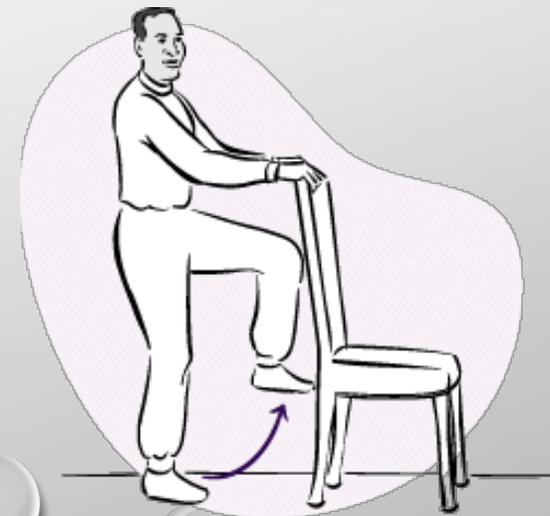
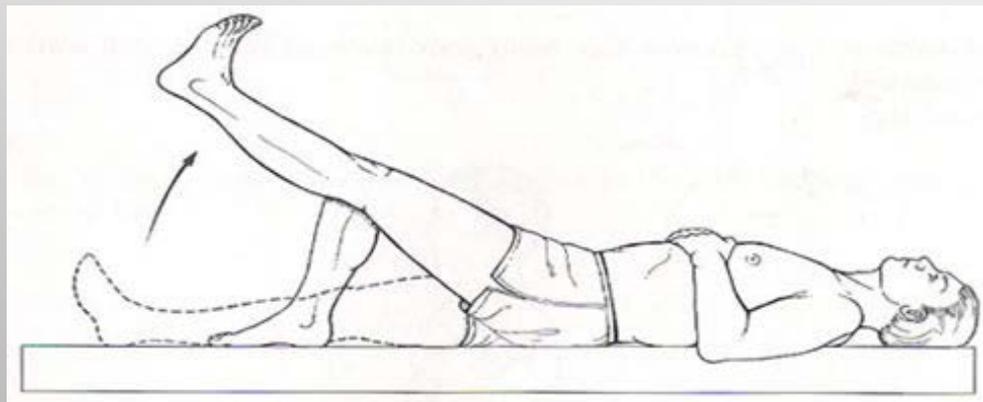
- PIRIFORMIS STRETCH – BUTTOCKS AREA



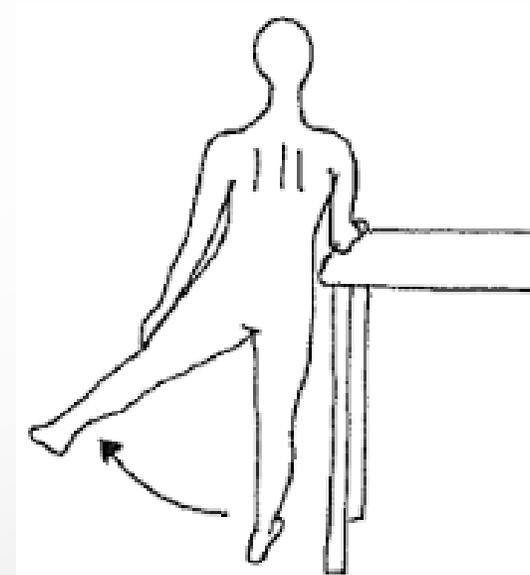
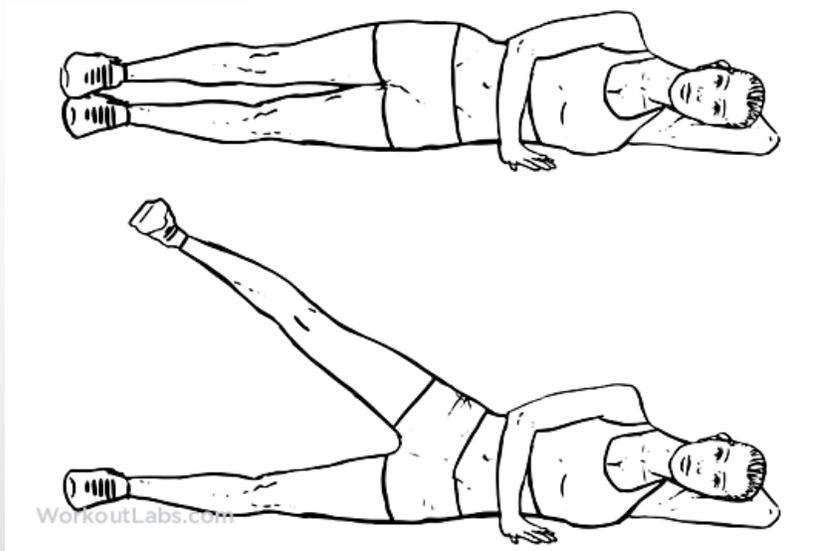
- HIP EXTENSOR STRENGTHENING (3 POSITIONS)



- HIP FLEXOR STRENGTHENING (2 POSITIONS)



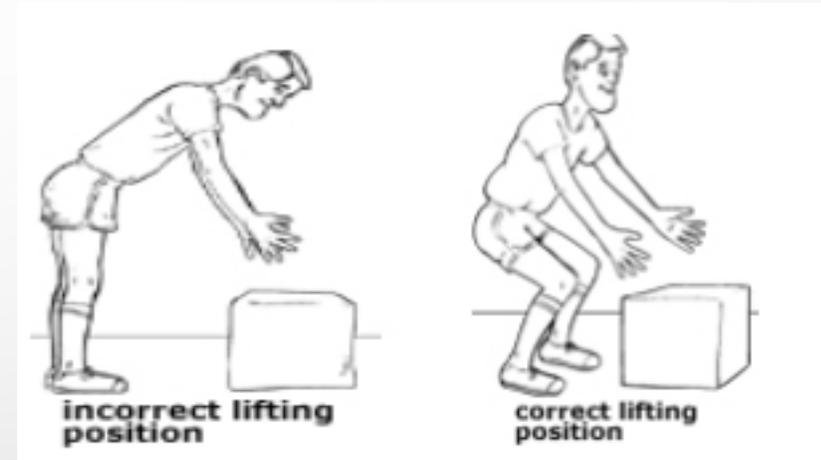
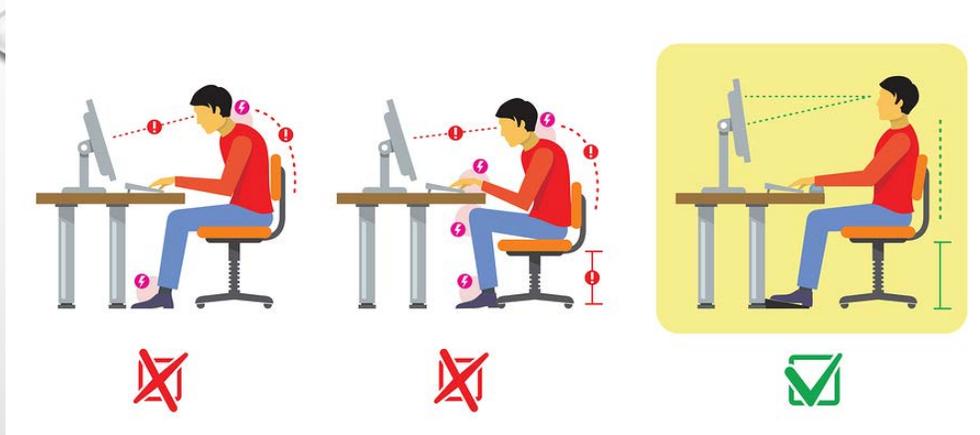
- HIP ABDUCTOR STRENGTHENING (3 POSITIONS)



- HIP ADDUCTOR STRENGTHENING (2 POSITIONS)



FUNCTIONAL MODIFICATIONS



STILL NOT WHERE YOU WANT TO BE? IS PHYSICAL THERAPY RIGHT FOR YOU?

- THERE ARE TIMES WHERE PEOPLE TRY THEIR BEST TO DECREASE THEIR SYMPTOMS BY THEMSELVES BUT STILL AREN'T ABLE TO GET BACK TO THE LEVEL THEY WANT. THIS IS WHERE SEEKING THE ASSISTANCE OF HEALTHCARE PROFESSIONALS CAN BE IMPORTANT TO HELP SOLVE THOSE REMAINING ISSUES.
- PHYSICAL THERAPY IS A VERY EFFICIENT AND POPULAR CHOICE FOR THOSE EXPERIENCING PAIN RELATED TO AREAS SUCH AS THE HIP.
- PHYSICAL THERAPISTS ARE TRAINED TO TREAT A WIDE VARIETY OF AILMENTS WITH USE OF EVIDENCED-BASED TREATMENTS AND CAN ALSO BECOME CERTIFIED IN SPECIFIC AREAS DEPENDING ON WHAT THEIR INTEREST IS.

BENEFITS OF PHYSICAL THERAPY

- PHYSICAL THERAPY HAS MANY BENEFITS INCLUDING:
 - NONINVASIVE FORM OF TREATMENT
 - REDUCES PAIN AND IMPROVES MOBILITY
 - DECREASES THE NEED FOR PRESCRIPTION DRUGS AND SURGERY
 - PATIENTS REHABILITATION IS DESIGNED TO THEIR SPECIFIC NEEDS
 - PATIENTS AND THERAPISTS DEVELOP A PERSONAL RELATIONSHIP WHERE EVERYONE FEELS MORE COMFORTABLE

The image features a light gray background with a subtle gradient. In the top-left and bottom-right corners, there are several realistic-looking water droplets of various sizes, rendered with soft shadows and highlights to give them a three-dimensional appearance. The text "ANY QUESTIONS?" is centered in the middle of the page.

ANY QUESTIONS?

The background is a light gray gradient. In the top-left and bottom-right corners, there are several realistic-looking water droplets of various sizes, some overlapping. The droplets have highlights and shadows, giving them a three-dimensional appearance.

THANK YOU!!

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