



Live Webinar
DENISE SCHWARTZ,
PT, CIMT, CABS, CPGS

Healing Hip Pain Naturally



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PHYSICAL THERAPY



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Who is Denise Schwartz?

- Owner of The Manual Touch Physical Therapy in Wheeling, IL
- Traditional and Non-Traditional PT
- Level I Trauma Hospital for 14 years
- Co-founder, Center IMT Chicago
- Founded The Manual Touch in 2010
- Over 5,000 hours of continuing education
- Holistic approach to physical therapy
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Where do you have pain?

- In the buttock
- Front of the hip
- Groin
- Side of the hip

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Common Complaints

- Sitting
- Standing
- Walking
- Laying on my side
- Difficulty putting on shoes and socks
- Can't bend down or squat
- I can't: run, play pickleball, tennis, bowl, etc
- I feel less mobile
- Rolling over in bed

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Tips for Mindful Daily Movement

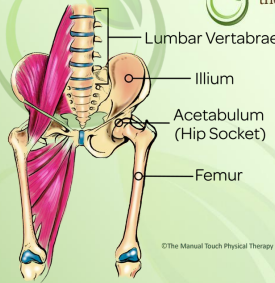
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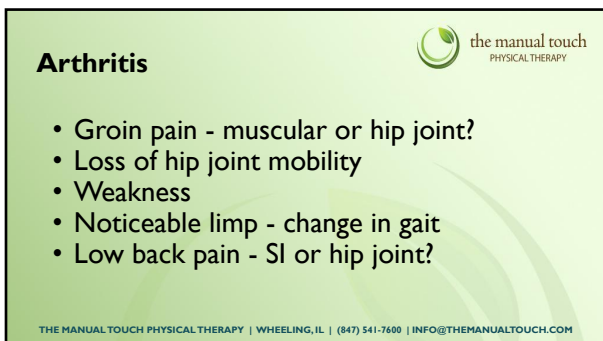
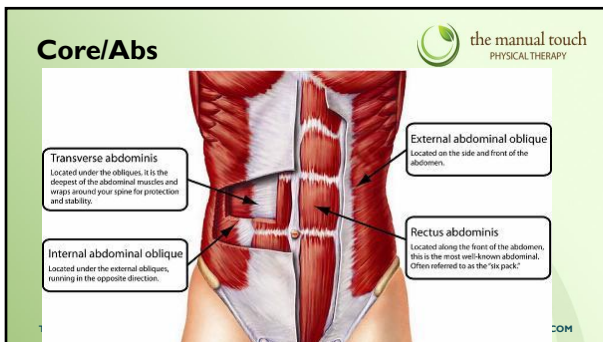
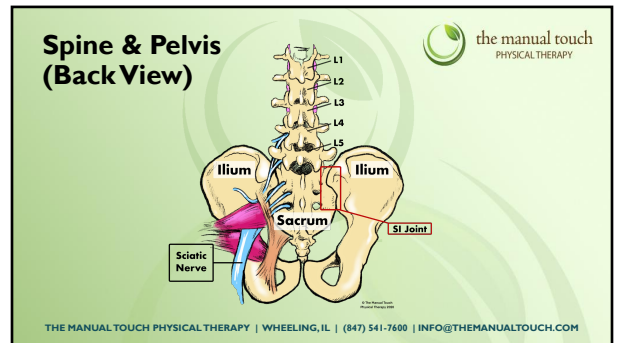
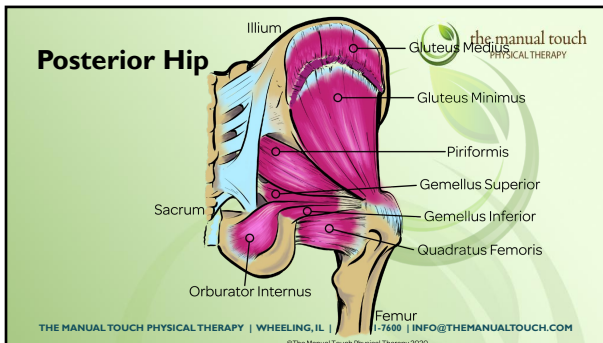
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Anterior Hip



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Tendonitis or bursitis



- Hip flexor (psoas)
- Glute medius
- Greater trochanteric bursitis
- Groin - hip adductors
- TFL
- IT band
- Quadriceps - rectus tendon
- SI jt dysfunction

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Will Therapy Help?



- First Determine: Is the pain in your hip **REPRODUCIBLE?**
- If so, then it is likely **REDUCIBLE.**

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IMPORTANT



Diagnosis dictates the exercise program

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What's the #1 Mistake?



The biggest mistake people make with hip pain:

They Ignore It.

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"I'm very excited because I'm getting stronger, more stable when I'm walking, and more flexible. Yesterday, for the first time in several years, I was able to travel by train downtown and visit the Art Institute. There was lots of walking and sitting, activities which previously caused me to be in pain for several days afterwards. But today, I'm just a little sore. I feel I've made very good progress in feeling better, stronger and feel less pain."

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I injured my hip while doing lots of walking during this past year of COVID. I went to a traditional physical therapist who brought me along a little bit, but my progress plateaued. I went to see the therapists at The Manual Touch, and with their holistic approach, I not only healed, but I gained strength and mobility in my core. I can never thank them enough.

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Physical Therapy

1. **Hands-on /manual** therapy
2. **Exercise** to promote:
 - a. strength - core, legs, feet
 - b. mobility - hips, spine, ankles
 - c. balance
3. **Neuromuscular Reeducation** feet/core

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Call for a Free 20-25 minute Consult

- Phone call or telehealth
- Discuss your current issues
- Recommendations

*****847-541-7600*****

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Resources

<https://www.themanualtouch.com/4-tips-for-managing-hip-pain/>

<https://www.themanualtouch.com/why-women-have-hip-pain-and-exercises-that-help/>

<https://www.themanualtouch.com/understanding-hip-pain/>

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Tips for Mindful Daily Movement

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Thank You!

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