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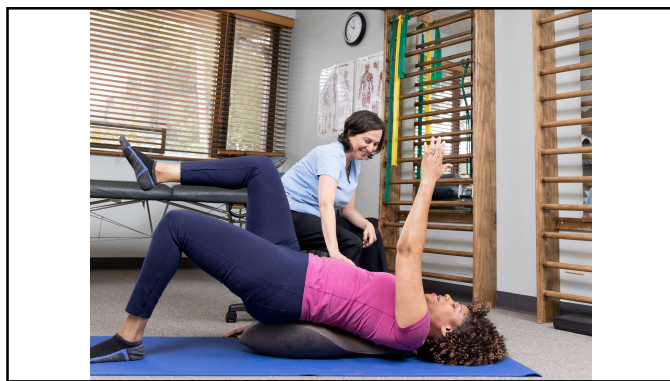
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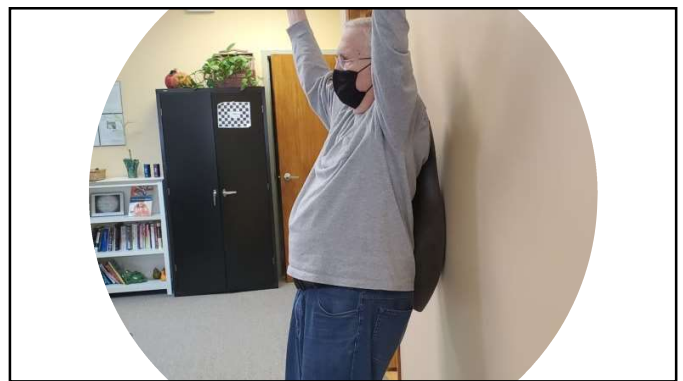
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Most common causes of Hip Pain

- Arthritis - degenerative joint disease
- Weakness
- Tendonitis or bursitis




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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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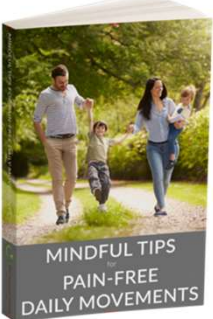
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Common Complaints

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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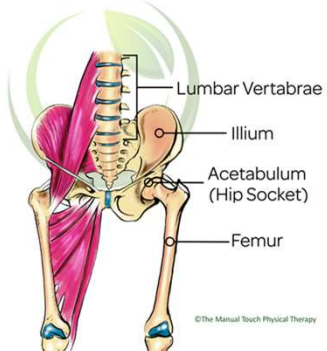
Tips for Mindful Daily Movement

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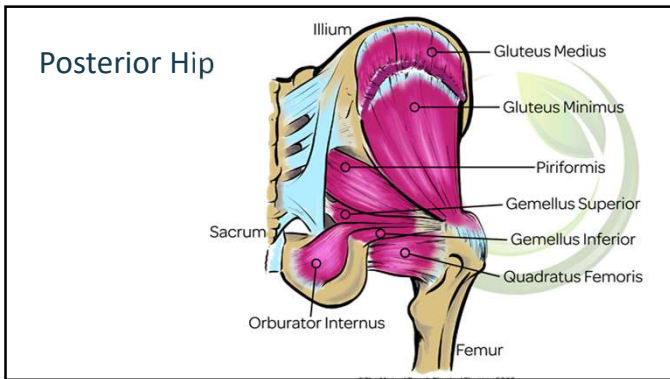
Anterior Hip



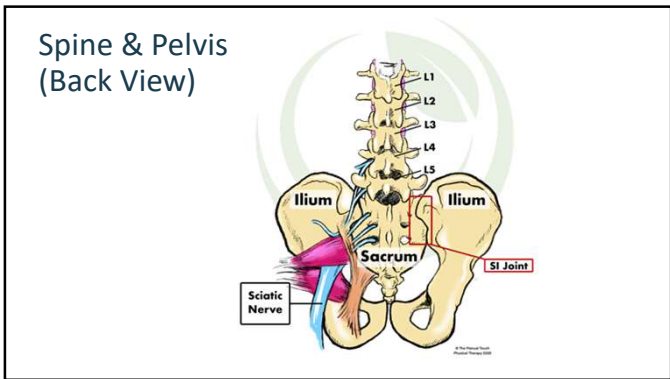
Labels: Lumbar Vertebrae, Ilium, Acetabulum (Hip Socket), Femur

©The Manual Touch Physical Therapy

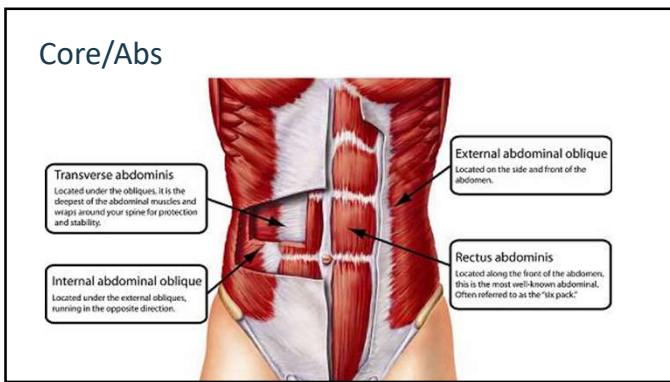
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Arthritis

- Groin pain - muscular or hip joint?
- Loss of hip joint mobility
- Weakness
- Noticeable limp - change in gait
- Low back pain - SI or hip joint?

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PHYSICAL THERAPY

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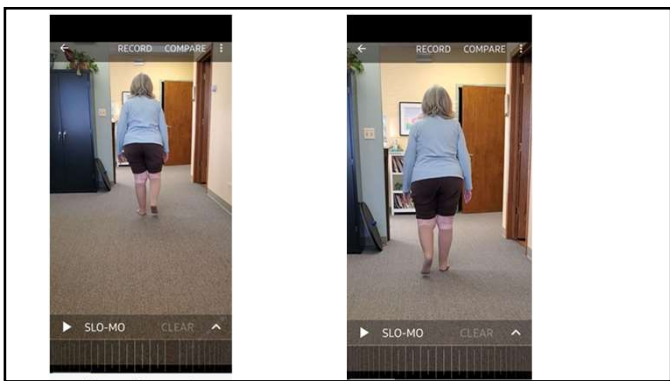
Weakness

- Hip rotators or deep core or pelvic floor
- Glute medius
- Midfoot weakness
- Foot pronation
- Walking opposite hip drops

*****POOR NEUROMUSCULAR CONTROL*****

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PHYSICAL THERAPY

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Tendonitis or Bursitis


- Hip flexor (psosas)
- 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

Hands-on /manual therapy	Exercise	Neuromuscular Reeducation
<ul style="list-style-type: none"> Balance out joints Reduce soft tissue restrictions 	<ul style="list-style-type: none"> strength - core, legs, feet mobility - hips, spine, ankles balance 	<ul style="list-style-type: none"> 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

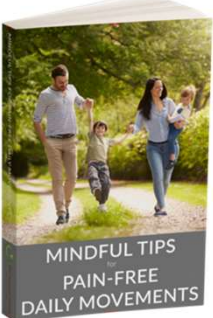
<https://www.themanualtouch.com/4-tips-for-managing-hip-pain/>

<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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 Call: 847-541-7600
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