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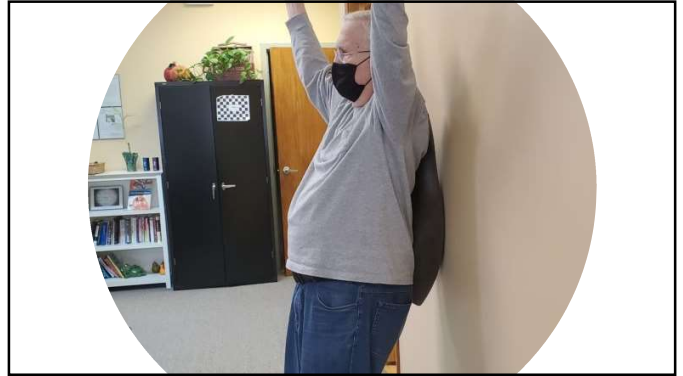
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Common Complaints

- Sitting
- Standing
- Walking
- Laying on my side
- Difficulty putting on shoes and socks
- Can't bend down or squat
- Standing after sitting a while




12

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Common Complaints

- I can't: run, play pickleball, tennis, bowl, etc
- I feel less mobile
- Rolling over in bed
- Incontinence
- Sex
- Weakness
- Driving




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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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Most common causes of Hip Pain

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




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Tips for Mindful Daily Movement

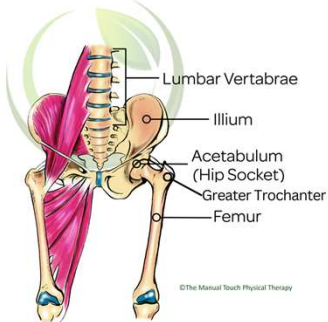
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16

17


Anterior Hip



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

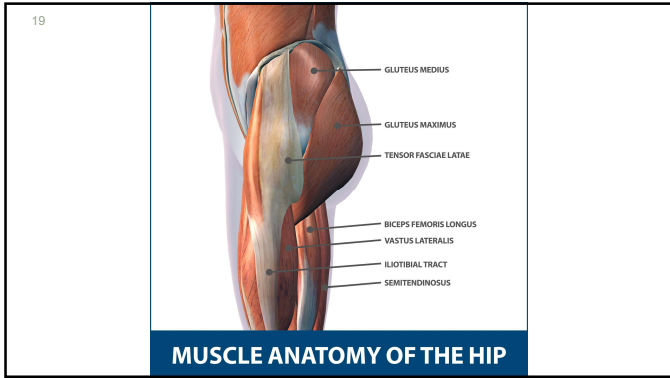
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17

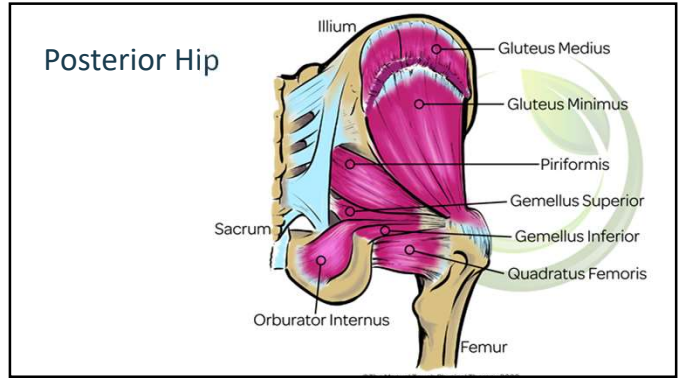


Model Stock | ©2020/2019

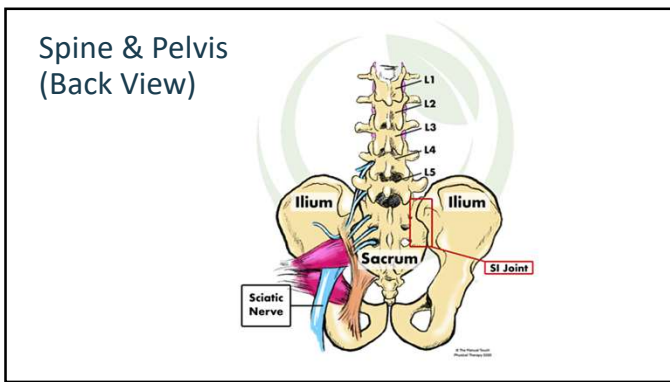
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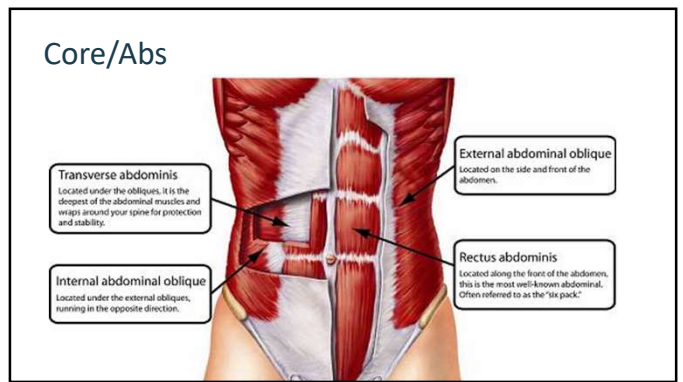
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Puzzle

- <https://themanualtouch.com/putting-the-pieces-of-your-puzzle-together/>

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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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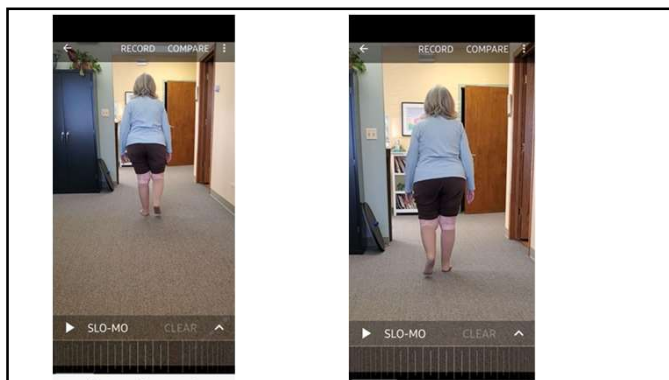
Weakness

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

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



26



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29

Tendonitis or Bursitis


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



29

IMPORTANT

Diagnosis dictates the exercise program



30

What's the #1 Mistake?

The biggest mistake people make with hip pain:

They Ignore It



31

Will Therapy Help?

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



32

"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."



33

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.



34

Choices

Ignore	Ignore it
Alter	Alter it - medications, injections, surgery
Handle	Handle it – physical therapy



35

How We Treat Hip Pain


- ✗ Fix mechanics
- 🧘 Dynamic stretching and balance
- 🏋️ Strengthening/neuromuscular reeducation
- 👟 Shoes/Orthotics (custom or over the counter)



36

Physical Therapy


- Manual (hands on) therapy: balance joints, reduce soft tissue restrictions
- Education: posture, function, movement, ADLs
- Exercises: Strengthening, mobility and stability exercises for your core, hips, feet
- Neuromuscular Reeducation: feet/core, whole body integration



37

Physical Therapy Functional Education


- How to sit
- How to stand
- How to walk, shoes
- How to move through transition
- How to sleep
- How to lift
- Posture
- Specific movements: activities, job, housework



38

Shoes


<https://www.themanualtouch.com/how-to-test-and-choose-the-right-walking-or-running-shoes-for-your-feet/>



39

Call for a Free 20-25 minute Consult


- Phone call or telehealth
- Discuss your current issues
- Recommendations
- ***847-541-7600***



40

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/>



41



Tips for Better Balance & Fall Prevention

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42



Tips for Mindful Daily Movement


Get my eBook at TheManualTouch.com



43

Thank You!

Email: Denise@TheManualTouch.com
Call: 847-541-7600
Visit: www.TheManualTouch.com




44

45

Physical Therapy

Hands-on /manual therapy	Exercise	Neuromuscular Reeducation
<ul style="list-style-type: none">Balance out jointsReduce soft tissue restrictions	<ul style="list-style-type: none">strength - core, legs, feetmobility - hips, spine, anklesbalance	<ul style="list-style-type: none">Feet/core



45