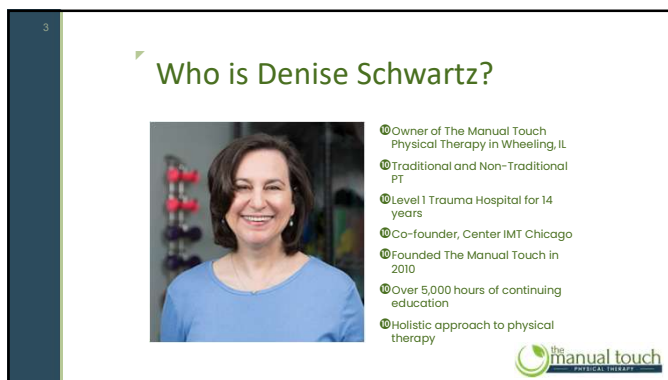


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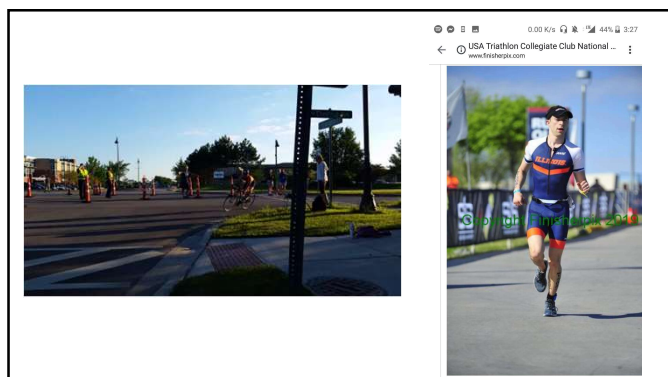
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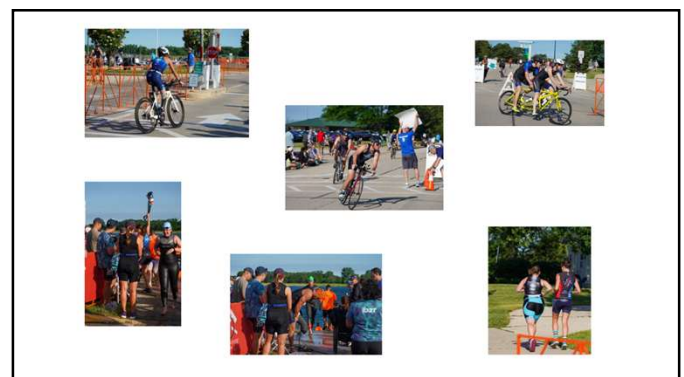
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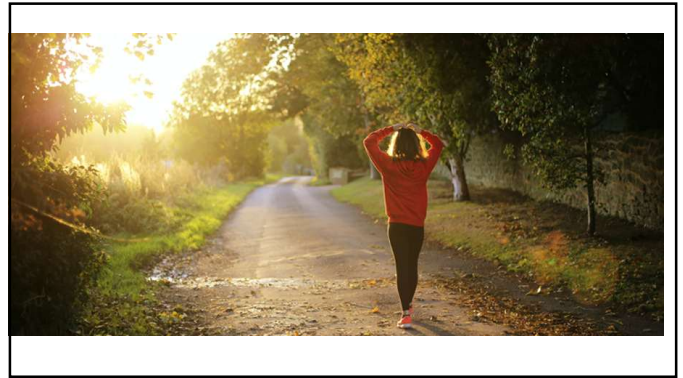
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10

Today

- 3 common diagnoses of hip pain
- Anatomy
- What you can do about it

the manual touch

11

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

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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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PHYSICAL THERAPY

13

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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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PHYSICAL THERAPY

14

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### Most common causes of Hip Pain

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

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PHYSICAL THERAPY

15

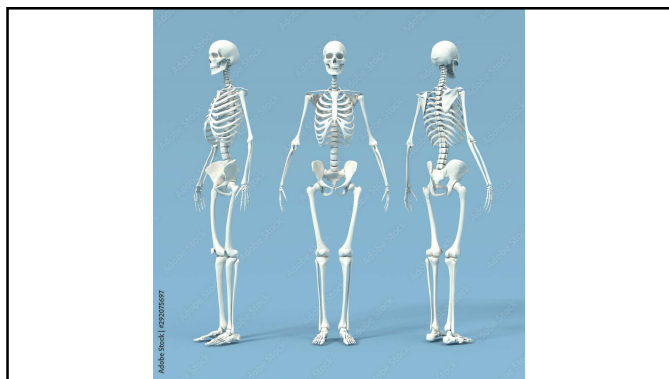
16

### 3 Most Common Diagnoses

Arthritis	Weakness	Tendonitis or bursitis
<ul style="list-style-type: none"> <li>Pain: groin, back</li> <li>Loss of hip mobility</li> <li>Limp</li> <li>Weakness</li> </ul>	<ul style="list-style-type: none"> <li>Hip rotators/pelvic floor</li> <li>Any hip muscle</li> <li>Feet</li> <li>Gait changes</li> </ul>	<ul style="list-style-type: none"> <li>Greater trochanter bursitis</li> <li>Psoas, glutes, IT band, TFL, groin</li> <li>SI joint dysfunction</li> </ul>

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PHYSICAL THERAPY

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## Women's hips

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



19

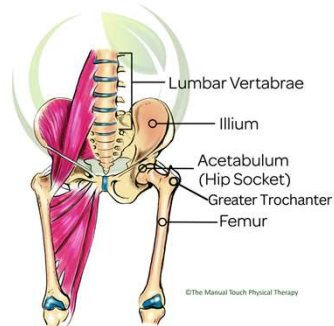
## Tips for Mindful Daily Movement

Get my eBook at  
TheManualTouch.com



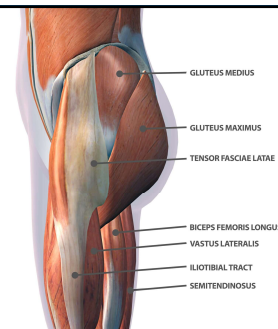
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## Anterior Hip



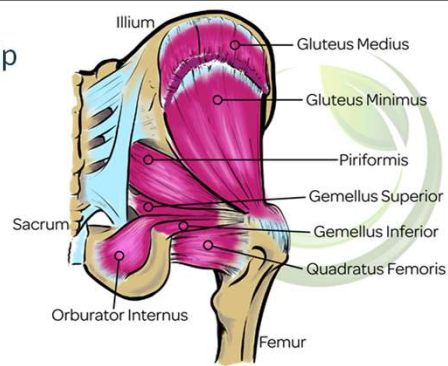
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## MUSCLE ANATOMY OF THE HIP



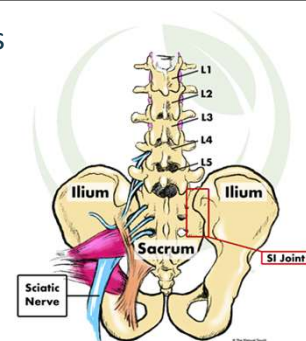
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## Posterior Hip



23

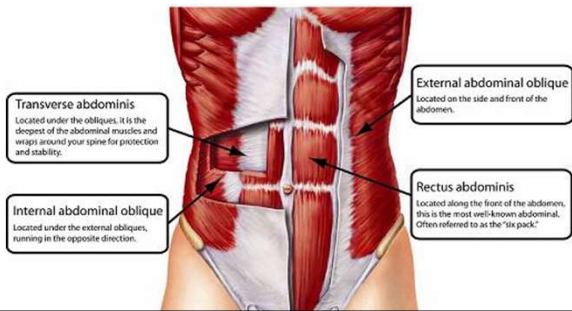
## Spine & Pelvis (Back View)



24



## Core/Abs



25

## Aging

- Decreased muscle mass
- Decreased bone integrity
- Decreased balance
- Decreased flexibility
- <https://themanualtouch.com/i-cant-do-what-i-did-10-years-ago/>



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## POOR NEUROMUSCULAR CONTROL



27

Kathy



28

## 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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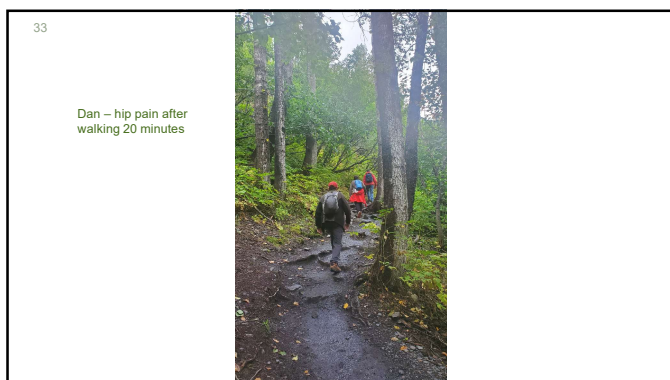
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## Will Therapy Help?

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



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“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.”


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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## Choices


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



35

## Puzzle

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



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## How We Treat Hip Pain

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



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## Physical Therapy

**Manual (hands on) therapy:** balance joints, reduce soft tissue restrictions, non-traditional and traditional

**Education:** posture, function, movement, ADLs

**Exercises:** Strengthening, mobility and stability exercises for your core, hips, feet

**Neuromuscular Reeducation:** feet/core, whole body integration



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## Physical Therapy Functional Education

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



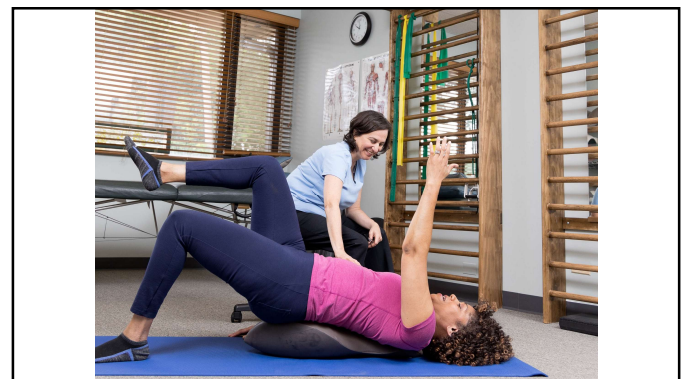
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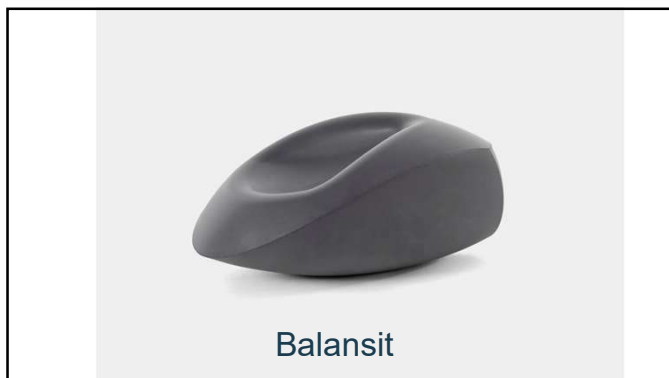
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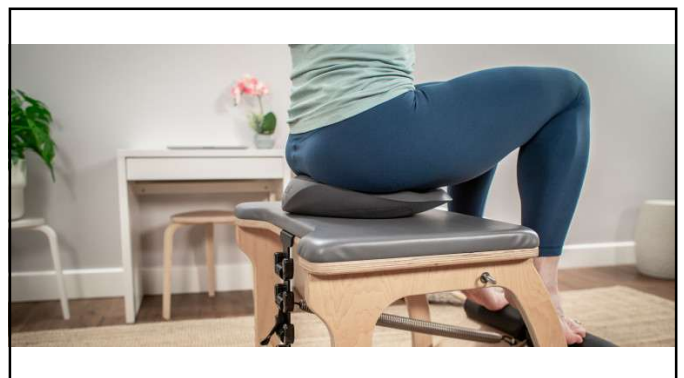
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46



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## Shoes

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

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POWERED BY YOU

48



Drew got 8<sup>th</sup>  
athletes trusted healing  
process  
hope you can embrace  
healing journey



49

## 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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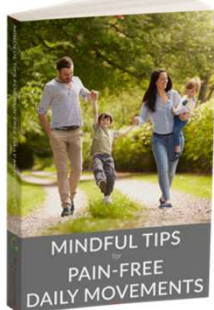


Tips for Better Balance & Fall Prevention

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# Thank You!

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Visit: [www.TheManualTouch.com](https://www.TheManualTouch.com)



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