

Hip Pain



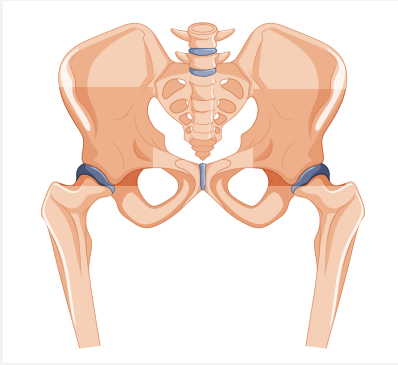
The conditions

- Hip Impingement Syndrome
- Osteoarthritis of the Hip
- Tendinopathy and Bursitis
- Groin Strains
- Lower Crossed Syndrome

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Hip and Pelvis Joints



The hip joint is closely associated with the sacral and low back joints and muscles.



Lower Crossed syndrome: Imbalance between the hip muscles, abdominals, hamstrings and hip flexors.

About the conditions

One common cause of hip pain is osteoarthritis, where the joint surface has age-related changes and the muscles surrounding the hip have become tight and weak. Another cause of hip pain can be pain referred from another area (usually the lower back). There is also hip impingement, where the ball of the thigh bone and the socket of the pelvis bone (that together form the hip joint) grind abnormally when moving causing irritation to the surrounding cartilage (labrum).

Hip pain can also develop as a result of muscle imbalance between back muscles, abdominals, hip and thigh muscles resulting in Lower Crossed Syndrome. This can be the cause of repeated muscle injuries in the hip region, such as groin strains. The overuse of hip muscles can also lead to tendinopathy (irritation of the tendon) or bursitis (inflammation of the gel sac).

Usual symptoms include

- Pain sited in the back of the hip (buttock) and / or groin and / or front and outside of the thigh often as far as the knee.
- Pain on weight bearing when sitting for prolonged periods.
- Stiffness and limitation of movement, e.g. difficulty in getting up from a chair.
- A feeling that the hip may “give out”.

What we can do to help

- We use soft tissue technique on the tight structures and teach you specific stretches.
- We use manual therapy to improve hip, pelvis and low back joint mobility.
- We use acupuncture to relieve the pain and promote healing.
- We teach you specific exercises to strengthen the weak muscles, and help you strengthen your core.
- We advise on lifestyle modifications including appropriate activities to help you maintain your lifestyle.

Your local Active+ clinic:

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