

# Hip Pain Information Hand-Out

## Surrey Physio – PARKSIDE GROUP PRACTICE

Pain in the hip is very common. It could be caused by a number of factors, including wear and tear (arthritis), sports injuries, and trauma.

Arthritis occurs when there is degeneration of the cartilage that covers the bones. This leads to a decrease in the joint space as well as less joint lubrication being produced. And thus one feels pain and stiffness in the area.

Sports injuries most commonly include muscle tears to the hip flexor and adductor muscles (those on the front and inside of the thigh).

Follow the advice on this information sheet to help your hip pain.

### Tips

- In the first few days, rest or only use the damaged joint gently. Apply ice to the area, use a pack of frozen peas wrapped in a tea towel, and apply to the point of greatest pain. Use this for five minutes, three times per day. Once the pain starts to settle, you should keep the joint mobile by using it (gently at first – so avoid things like running or jumping).
- If you don't use it you going to loose it. Regular exercise and general mobility type exercises will ensure there is good blood flow in to the area and will also prevent arthritis related stiffness and pain. Avoid prolonged sustained positions.
- Keep the joint warm. Heat will help to increase blood flow the area and decrease any related muscular tension. Using a hot water bottle or microwavable wheat bag is a great way to warm the joint. Take extra care when using heat and do not use heat if you have decreased sensation in the area.
- Weight control. Extra weight means extra strain through the joints. Regular exercise and a well balanced diet will keep you fit and health and will keep your weight under control. If you feel you are over weight speak to your GP regarding weight loss advice to ensure you shed the extra kilos safely and healthily.

Mobility and strength exercises are important to ensure the joint keeps moving and that the muscles around the joint get strong enough to support it.

### Hip Exercises

#### **Hip Mobility:**

- **Lying hip flexion and extension**  
One of the best exercises to improve mobility to a stiff hip. Simply lie on your back on your bed, and bend your knee towards your chest. Hold the stretch as far as feels comfortable, for about 30 seconds. Repeat three times each side.



## Hip Strengthening

- **Lying hip abduction**

Lie down on your side (you can do this on the bed) and lift your leg a few inches into the air. Hold for 5-10 seconds, and perform ten repetitions. Perform both sides.



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- **Standing balance**

This is a great exercise to strength the whole leg, and you should expect to feel some aching in the glutes, thighs and calves. Simply stand next to wall (use this for balance) and stand on one leg. If you are very weak in your leg, hold on – do not risk falling over! Stand for up to 1 minute on each leg per day.



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Stop any exercise if you get pain. Good luck, and keep at it.