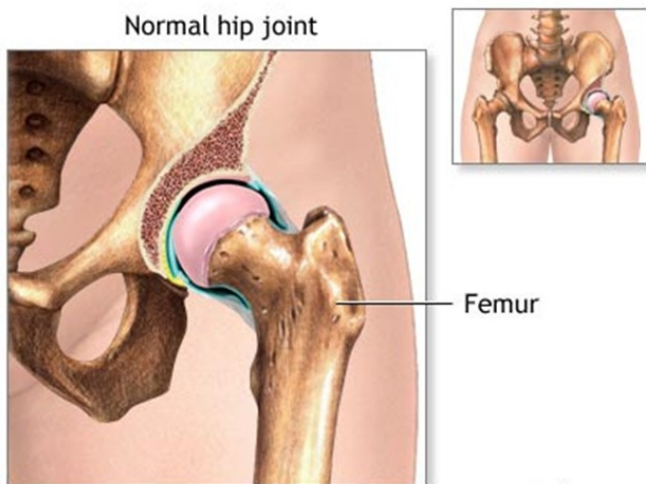


“The cause of hip pain & how to get rid of it”

Hip pain is common for all age groups, especially the elderly. Hip problems cause pain in the front of your thigh, sometimes as far as down as your knee. It can also disturb weight bearing, leading to uneven walking. Obviously, hip problems can affect sporting performance as well.



Some common ailments include:

- ◆ **Perthes disease:** softening of the top of the thigh bone (the femur) causes it to flatten, leading to grinding pain. Most common in children (especially boys) about 10 years old.
- ◆ **Ligament tears:** often a result of a sporting injury. The hip also has a disc of leather-like cartilage inside it that can be torn as well.

- ◆ **Arthritis:** Symptoms include having difficulty bending your hip (such as when putting on shoes), deep aching in the front of your thigh, and aching after prolonged activity.
- ◆ **Bursitis.** A bursa is really just a space inside your body. When these spaces become filled with inflammation it causes pain and friction. This type of problem usually presents as pain on the back of the hip (buttock) or on the outside upper thigh.
- ◆ **Referred pain.** Your lower back and pelvis are intimately linked with your hip. Often problems that arise in your spine can cause or mimic hip pain.

Your hip function can also be affected by lower limb biomechanics involving your knee, foot and ankle, and even your thigh and calf muscles.

You can see that a **successfully treated hip** relies upon a thorough examination of your:

- entire lower limb (foot, ankle and knee)
- lumbar spine and pelvis
- deep hip and abdominal muscle control
- Ligament, tendon and muscle flexibility

Your PhysioWorks physiotherapist will spend the time with you to fully assess the origin of your hip pain and investigate whether it is a joint, muscular, nerve or biomechanics issue. Only then can your hip pain be effectively treated.

Joke of the Day

A married couple went to the hospital to have their baby delivered. Upon their arrival, the doctor said he had invented a new machine that would transfer a portion of the mother's labour pain to the father. He asked if they were willing to try it out. They were both very much in favour of it. The doctor set the pain transfer dial to 10% for starters, explaining that even 10% was probably more pain than the father had ever experienced before.

But as the labour progressed, the husband felt fine. The doctor then adjusted the machine to 20% pain transfer. The husband was still feeling fine. The doctor checked the husband's blood pressure and was amazed at how well he was doing. Since it was obviously helping out his wife considerably, the husband encouraged the doctor to transfer ALL the pain to him. The wife delivered a healthy baby with virtually no pain. She and her husband were ecstatic.

When they got home, the mailman was lying dead on their porch.