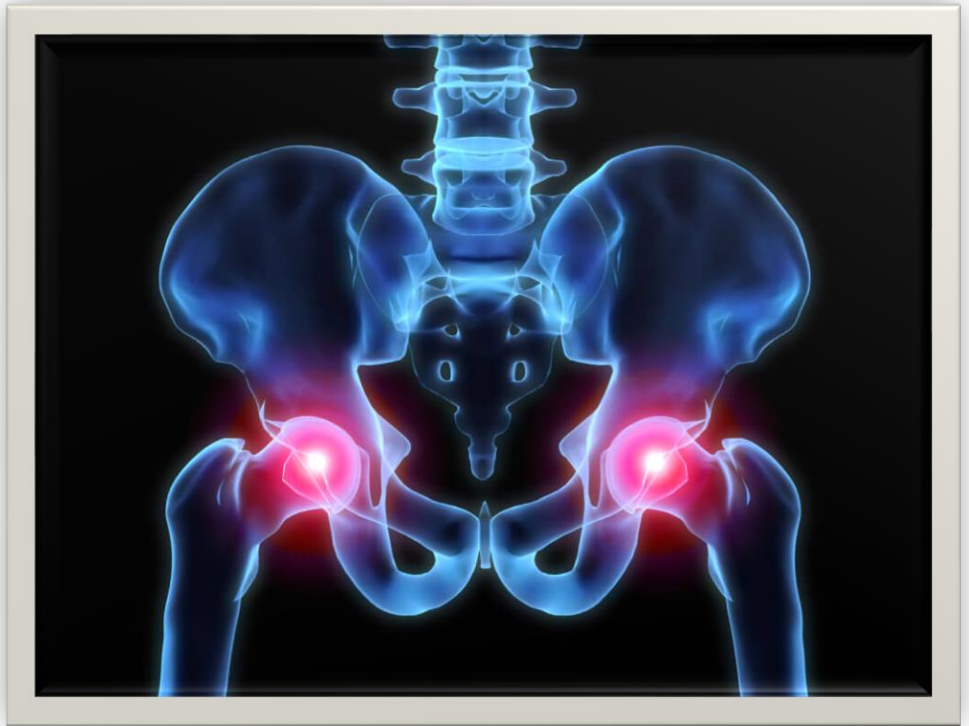


Managing Hip Pain



Hip pain is a common condition that affects people of all ages. A large part of managing hip pain is taking steps to modify some daily activities to offload the hip. This gives you the best chance of having a successful outcome.

Below are some of the most common tips we advise patients to try.

Pace yourself

Try to avoid overdoing it on good days and suffering for it afterwards. Pace your activities into manageable chunks and take regular breaks. Maintaining a steady level of function and avoiding flare ups helps to speed up your recovery.

Do not cross your legs – in sitting, standing, or lying

Taking your leg across the midline of your body puts significant stress on your hip joint, especially in a bent position.

Walk well

We appreciate this is not always something easy to do. Try to take small even steps when walking and avoid limping wherever possible. If it is not possible to walk well without limping, you should use a walking aid such as a crutch or a stick. Some people find these are only necessary for longer distances.



Avoid sitting

Most hip pains tend to dislike being kept in a seated position, especially in a chair. Try to minimise the amount of time you spend sitting and if you must sit then take a break and walk around every hour. Sometimes it is helpful to change things you would normally do in sitting and make sure you stand for them (e.g. talking on the phone).

Adjust your chair

If you have to sit then making some adjustments may make you more comfortable. For example; tilting the part of your chair that you are sat on, so your knees are lower than your hips can offload the hip joints. However, do not do this at the expense of your lower back posture. If your chair is not adjustable you can get a similar effect from sitting on a wedge or a cushion.

Stand on both feet

Leaning more on one leg while standing can feel comfortable, especially if you have been standing for a while. But instead of using your buttocks and core muscles to keep you upright, you place excessive pressure on the side of your lower back and hip. Over time, you may develop muscle imbalances around the pelvis area. Other causes of uneven hips include carrying heavy backpacks on one shoulder, and mums carrying toddlers on one hip.

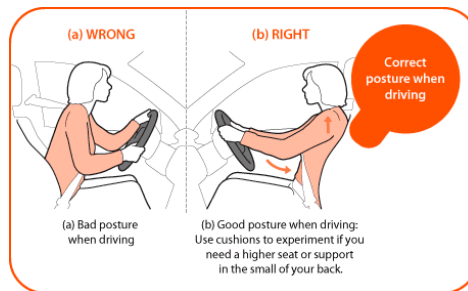


Stand with an equal amount of weight on each foot and keep your feet hip distance apart to avoid stressing the hip and muscle imbalances.

Make adjustments when driving

Adjusting your car seat as much as possible to offload your hip will make driving more comfortable. Some of the ways to do this include tilting the seat so your knees are lower than your hips, raise the chair up a little, have the

back of the chair tilted back a few extra degrees, and/or make sure your chair is not too close to the steering wheel. Making sure you get in and out of the car with your legs together can also help minimise stress on your hips. Sitting on a plastic bag to get in and out of the car may help you to swivel round easier (do not leave it there whilst driving though).



Sleep with a pillow between your knees

Help to maintain good alignment at your hips when you are sleeping by putting a pillow between your knees when lying on your side



Do your Physio

Physiotherapy treatment and some simple home exercises are a great way to improve your strength and range of movement. Your physiotherapist should be able to give you appropriate exercises to help improve your hip pain.

Hot & Cold therapy for pain relief

Heat therapy works by improving circulation and blood flow to a particular area due to increase temperature. Increasing the temperature of the afflicted area even slightly can soothe muscle and ease your symptoms. There are certain cases where heat therapy should not be used. If the area in question is either bruised or swollen (or both), it may be better to use cold therapy.

Cold therapy can also ease pain significantly reduce inflammation and swelling. For home treatment, apply an ice pack wrapped in a towel for 10 minutes. You should never apply a frozen item directly to the skin.

Looking for more information? ↓

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