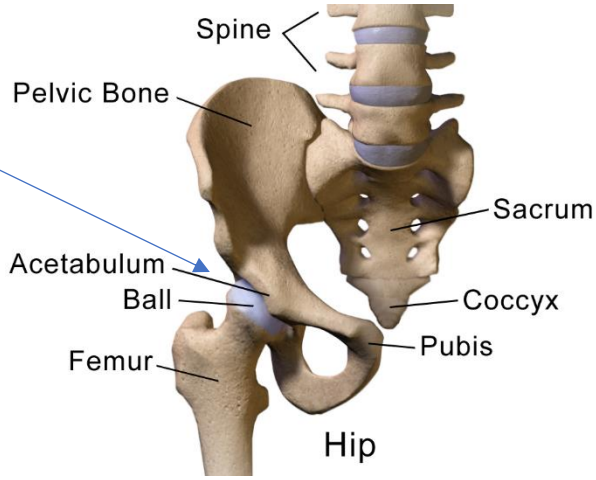
Hip Pain



Hip pain is a common problem as we age. The hip joint or femoral acetabular joint is a weight bearing joint which is prone to degeneration into the older years. Hip pain is most likely felt on the front or side of the thigh near the groin region. This can be found by locating the crease in your pants as you bring the knee to the chest. Hip pain is often confused with Sacroiliac pain, or lumbosacral problems. The difference is sacroiliac pain is usually felt on the back side through the buttock or low back region.

The good news is that conservative care has been proven to help both hip and sacroiliac pain. Even if the cause is degeneration or arthritis chiropractic care can slow the degeneration process. Slowing degeneration is very important especially if one is considering a hip replacement. By controlling the pain and delaying such an operation is important as hip replacements have a life span of only 15-20 years. Many studies have proven that conservative care does not only slow degeneration and impingement syndromes but can reverse the problems disregarding the need for invasive procedures. Keep in mind hip pain can be caused by much more than degeneration like capsular tears, bursitis, and dysfunction of the surrounding muscles and ligaments.

In the conservative treatment of hip pain one can expect to go home with certain stretches and eventually strengthening exercises; all with the goal to decrease pain and increase motion. Remember how everything is connected so do not be surprised if the joints and function of your body above and below the area of complaint will be evaluated.

"Effects of Non-Pharmacological Conservative Treatment on Pain, Range of Motion and Physical Function in Patients with Mild to Moderate Hip Osteoarthritis. A Systematic Review." *NeuroImage*, Academic Press, 27 Nov. 2018, www.sciencedirect.com/science/article/pii/S0965229918310793?via%3Dihub.

Narveson, Joel R et al. "CONSERVATIVE TREATMENT CONTINUUM FOR MANAGING FEMOROACETABULAR IMPINGEMENT SYNDROME AND ACETABULAR LABRAL TEARS IN SURGICAL CANDIDATES: A CASE SERIES" *International journal of sports physical therapy* vol. 13,6 (2018): 1032-1048.

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