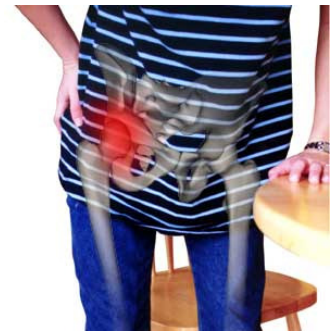


Common Causes of Hip Pain

Hip pain is a common symptom experienced by many people. This condition can range from mild discomfort to severe pain that limits activities of daily living. There are a multitude of medical disorders that cause hip pain. Below is a review of the more common conditions that cause hip pain with tips to help prevent and resolve these potentially disabling conditions.



Arthritis

Arthritis is the most common cause of chronic hip pain. Osteoarthritis and rheumatoid arthritis are two types of arthritis that result in hip pain. Symptoms may vary but generally pain, stiffness, and limited movement are classic complaints. Symptoms may worsen upon initiation of activity or with prolonged use. Although many doctors will tell you there is no cure for arthritis, don't lose hope. Improving flexibility and strength of surrounding soft-tissues, and improving joint motion through conservative physical therapy or chiropractic adjustments, can make the joint function better, thus controlling pain. Left untreated however often leads to more invasive approaches such as medications, injections and surgery.

If you have been suffering with arthritis or hip pain, give us a call today to see how are technologies can benefit you! (908) 753-0144

Tendonitis

There are many tendons located around the hip that connect the muscles to the joint. With various activities or overuse, these tendons can become inflamed. This inflammation results in pain around the hip region. Iliotibial band syndrome is one of the most common causes of tendonitis at the hip joint.

Tendonitis often responds well to conservative physical therapy and chiropractic care. Conversely, if left untreated, symptoms often worsen, leading to the necessity of more aggressive treatments such as medications, injections or even surgery.

If you are experiencing symptoms associated with tendonitis, call our office today to see how our techniques can benefit you. (908) 753-0144

Fractures

Hip fracture, or a break in the hip bone, is another common cause of hip pain. Fractures of the hip often occur after falls in the elderly patient population. Osteoporosis puts this population at increased risk for hip fractures. Stress fractures are another form of fracture

that can cause hip pain. Various risk factors increase ones risk for developing a stress fracture at the hip joint. Although fracture is almost always a medical emergency, most patients will require physical therapy and rehabilitation following surgical intervention or after the fracture heals.

Strains

Muscle strains result from small micro tears in muscles caused by a quick twist or pull to the muscle. When this occurs to muscles located around the hip joint, pain in this area is experienced. Groin and hamstring muscle strains are two injuries that result in hip pain and discomfort.

Bursitis

Bursitis is inflammation of the fluid filled sacs, bursa, that cushion areas of pressure between joints, muscles, and tendons. Bursitis is due to overuse or repetitive actions around the joints of the body. This inflammation results in pain that is experienced during movement or pressure.

Osteonecrosis

Osteonecrosis is a condition that occurs when blood flow to an area of bone is restricted. If an inadequate amount of blood flow reaches the bone, the cells will die and the bone may collapse. One of the most common places for osteonecrosis to occur is in the hip joint.

Lumbar Pain - Referred Symptoms

Many back and spine problems can cause symptoms around the buttocks and hip. The most common problems that refer pain to the hip region are herniated discs and sciatica.

Snapping Hip Syndrome

Snapping hip syndrome is a word used to describe three distinct hip problems. The first is when the IT band snaps over the outside of the thigh. The second occurs when the deep hip flexor snaps over the front of the hip joint. Finally, tears of the cartilage, or labrum, around the hip socket can cause a snapping sensation.

If you have experienced any of the above-mentioned conditions or symptoms, you may be a candidate for conservative therapy at our office.

Give us a call to find out today (908) 753-0144.