

Say “Goodbye” to Hip Pain

It often starts with a dull ache or nagging discomfort you do your best to ignore, but if you’ve had persistent hip pain for several weeks, you need to pay attention. Hip pain is a common musculoskeletal problem that impacts thousands of people every day. Left untreated, hip pain can hamper your lifestyle and lead to serious consequences. But, there’s much you can do to successfully manage – *and even put an end to chronic hip pain.*

Because hip pain can be a sign of so many different medical conditions, it’s important to obtain an accurate diagnosis in order to find the best treatment. The most common culprits include:

6 Common Causes of Hip Pain

1. **Osteoarthritis** – joints and cartilage can wear down over time causing “bone-on-bone” pain
2. **Bursitis** – outer hip pain that is caused by inflammation of the fluid-filled cushion that creates a gliding surface that reduces friction between tissues in the body
3. **Injuries** – falls can cause fractures in the hip bone that result in chronic pain
4. **Back Pain** – pain from the lower back radiates or refers pain into the hip and groin area
5. **Snapping Hip Syndrome** – occurs when tendons “snap” over the front of your thigh or hip joint or around the hip socket
6. **Tendonitis** – a condition where the hip becomes irritated and painful when tendons don’t have a smooth surface to glide over

No Nonsense Hip Health

Try these “hip health” home remedies, and if your hip pain persists, contact your doctor. Your physician may recommend physical therapy or anti-inflammatory injections as a next step to alleviate symptoms. In the meantime, follow these simple steps to rise above and control your hip pain.



ARISE Recipe

Anti-inflammatory medications and injections provide temporary relief

Rest adequately to relieve inflammation and avoid injury or reinjury

Ice the area and alternate with heat to control swelling

Stretch your muscles daily to reduce tension and stiffness

Exercise with low impact aerobics, swimming or stationary bike

When to Call Your Doctor?

Pain is how your body alerts you to a problem, but when is it serious enough to consult a physician?

It's time to call when:

- Your hip still hurts after a week of home treatment
- Your hip is misshapen, badly bruised or bleeding
 - You can't bear weight on your hip
 - Your pain interferes with your sleep



Hurt to Walk? Let's Talk!

Call 404.501.TALK for a physician referral or to attend a free “Doc Talk” on joint health.