



3 WAYS TO ALLEVIATE HIP PAIN

1

STOP PROVOKING YOUR PAIN

INITIALLY PAIN CAN BE HIGH AND ACTIVITIES THAT MAKE YOUR LEGS CROSS, STRETCHING, HOPPING OR STAIR EXERCISES CAN AGGRAVATE YOUR PAIN.

TRY SLEEPING WITH A PILLOW BETWEEN YOUR LEGS, SITTING WITH YOUR LEGS APART OR USING A RAMP INSTEAD OF THE STAIRS

2

MANAGE YOUR ACTIVITY

TENDONS CAN BECOME THICKENED AFTER A SUBSTANTIAL INCREASE IN LOAD AND ARE UNABLE TO ADJUST.

IT IS IMPORTANT TO DECREASE YOUR LOAD WITHOUT STOPPING COMPLETELY TO STOP COMPRESSIVE FORCES AND ALLOW TIME FOR YOUR TENDON TO HEAL

3

EXERCISE

WITH THE AID OF YOUR PHYSIOTHERAPIST GRADUALLY BUILD UP TOLERANCE TO EXERCISE SO THE TENDONS CAN HEAL AND MINIMISE COMPRESSION OF THE BURSA.

INITIALLY EXERCISES WILL BE FOR PAIN RELIEF AND THEN FOCUS ON STRENGTHENING THE HIP MUSCLES IN FUNCTIONAL POSITIONS. THIS MAINLY INVOLVES SINGLE LEG ACTIVITIES

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