



Hips Don't Lie

The hip joint is the largest ball-and-socket joint in the body; this means that it's able to rotate in just about any direction - not just left to right or front to back. The fit of the femur (thigh bone) into the pelvis (hips) allows for fluid movement that is designed to handle quite a bit of repetitive motion and wear and tear. However, after overuse, injury, or several other causes, you may begin to develop pain along the outside of your hip structure; this pain is likely related to bursitis.

The bursae are small, jelly-like sacs that contain a fluid designed to lubricate your tendons as they move across your bones. Occasionally these can become irritated and inflamed. The most common form of hip bursitis is trochanteric bursitis, which affects the bursa covering the outer top part of the femur.

If you suffer from trochanteric bursitis, you will experience pain at the top of the hip. This pain will usually extend throughout your outer thigh region. In the beginning stages, the pain will likely be sharp or intense, but as time goes on, your pain will likely become dull and achy as it spreads over a larger part of your hips. The pain is usually worse at night, when lying on the affected hip, and when getting up from a chair after a long seated period. Your symptoms may also increase with long walks, stairs, and squatting.

Hip bursitis can affect anyone, but is most common in middle-aged and elderly women, because of the differences in weight distribution, hormones, and body composition. The main risk factors for hip bursitis are:

- Repetitive stress
- Spine diseases
- Differences in leg-length
- Rheumatoid arthritis
- Bone spurs
- Calcium deposits

When your hip pain starts to prevent you from doing the things you love, consult a medical professional. Your physician or physical therapist will perform a comprehensive examination of your hip structure, looking for the root cause of your pain, whether it is bursitis or some other catalyst. These tests might include x-rays, bone scans, or an MRI.

Surgery is rarely needed for bursitis. If irritated bursae are causing your pain, you may only need to modify your activities and limit your repetitive actions. Often, if your pain persists after such modifications, your doctor will refer you to physical therapy.

At **HealthQuest**, our therapists are trained to diagnose and treat hip pain. From your initial evaluation to your final appointment, your physical therapist will work with you to create an exercise program to increase your hip strength and flexibility. Your treatment will likely involve massage, ice, or heat, to help relax your muscles and reduce your inflammation. We will have you back to the things you love in no time!

“Approximately one in every thirty Americans will experience bursitis in their lifetime.”

- The Cleveland Clinic, 2013

Quote
OF THE MONTH

“If there is no struggle, there is no progress.”

~ Frederick Douglass

If you would like more information on this topic, or to schedule a FREE Consultation, please visit us at www.HQPT.com or call us Toll Free at 1-855-HQPT-4ME

Home Exercise Program *Easy Hip Exercises*



ELASTIC BAND LATERAL WALKS

With an elastic band around both ankles walk to the side while keeping your feet spread apart. Keep your knees bent the entire time. Walk the length of a room and back.

Repeat three times, twice daily.

HAMSTRING STRETCH - WALL

Place a leg up a wall while lying on your back. Your other leg should lie straight on the floor and through a doorway or hall. Hold stretch for five seconds, relax for five seconds.

Repeat three times, twice daily.



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Always consult your physical therapist or physician before starting an exercise regimen.

HealthQuestion

Which Great Lakes provide a natural border for the mitten?

Visit www.HQPT.com, and click on the **HealthQuestion** button on the left hand side of our home page. If you answer correctly, you will be entered in a drawing to win a **\$100 Gas Card!** Contest closes on June 31, 2014.



Congratulations to our May HealthQuestion winner, Elaine from Shelby Township!

Results...



When I started physical therapy, I was out of hip surgery just 4 weeks and had to use a walker to get around. After only 1 week of therapy I could walk with a cane. After 2 weeks I was able to walk on my own with no assistance. My strength improved with every visit and the staff worked with me on every visit. After 4 weeks, I am almost back to normal and I leave here with many new friends, which I am grateful for!

~ Kathleen B - Oxford

Ask the Therapist...

Question: It's running season and I've been experiencing a lot of sharp pain in my hip. My doctor said it's bursitis. What is the best way to relieve my pain so I can continue to run my races?

Answer: If you are experiencing sharp pain then the first step is to avoid the aggravating factors. If running is the main source of your pain, I would recommend some form of cross-training (aqua jogging, swimming, elliptical, or biking) to maintain your cardiovascular system, while also allowing the inflamed structures to begin healing. A physical therapy consultation would be recommended to check for proper alignment of the pelvis, foot, and ankle, as well as any imbalances in your muscular strength or flexibility. You may also want to make sure that you have the correct type of running shoes for your feet. Once all these have been addressed a gradual return to running is recommended.

Question: I have hip bursitis that my doctor said is probably related to arthritis, as if the arthritis pain wasn't enough! What do you recommend I do to help with both?

Answer: In general the best way to address the arthritic pain is to maximize range of motion and strength. The range of motion is addressed through specific stretches that address your areas of flexibility restriction. Strengthening your core and your hip rotators (especially the muscles that assist with moving your hips outward) will help to stabilize the hip and reduce the inflammatory process.

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Mention us to your family and friends, and for every new patient you refer, we will send you a \$25 Gift Card... Our way of saying Thanks!

This month's Ask the Therapist is brought to you by George Carson. George, along with Steve Lukens (also pictured), are the co-owners and directors of HealthQuest in Clarkston. George has been practicing outpatient physical therapy since he graduated from Oakland University in 1986. George treats every patient and injury as unique, utilizing a specific manual therapy approach and technique. His focus clinically has been on out-patient orthopedics, while developing a special interest in throwing athletes. Both Steve and George feel that they can make the biggest impact by Helping People Live Life Well.



Suffering from hip pain
or discomfort?

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