

# TAKING CARE OF YOUR HIPS

## STARTLING STATISTIC

The National Osteoporosis Foundation estimates that **1 of every 2 women & 1 of every 8 men over age 50** has had an osteoporosis-related fracture.

## WHAT CAN GO WRONG

Majority of problems

The majority of hip problems are due to aging, disease and fractures in the elderly.

Male v. Female

A few growth-related hip problems are found in male adolescents. Women may face pelvis or hip-related difficulties during pregnancy.

Overuse injuries

The muscles and tendons of the hip and groin region are subject to wear and tear and overuse injuries.



## A PHYSICAL THERAPIST'S PERSPECTIVE

### THE HIP IS A MODEL OF STRAIGHTFORWARD STURDINESS

COMPARED TO SUCH COMPLEX AREAS OF THE BODY AS THE BACK AND THE KNEE.

- ELDERLY PEOPLE ARE SUBJECT TO THE MOST SERIOUS PROBLEMS (LIFE-THREATENING HIP FRACTURES DUE TO OSTEOPOROSIS)

### ANATOMY OF THE HIP:

#### THE HIP IS A BALL-AND-SOCKET JOINT.

• THE ROUND HEAD OF THE FEMUR GLIDES AND ROTATES WITHIN THE ACETABULUM, A DEEP, SCOOPED-OUT CAVITY WITHIN THE PELVIS.

THE MOTION AND SUPPORT IS CONTROLLED LARGELY BY THE MUSCLES OF THE THIGHS AND LOWER BACK.

THE MUSCLES OF THE GROIN, BUTTOCKS, AND ABDOMEN ARE ALSO INVOLVED IN THE FUNCTIONING AND STABILITY OF THE HIPS.



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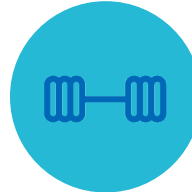


# TAKING CARE OF YOUR HIPS

## Pain and Stiffness

Stiffness in the hip is usually associated with pain during daily activities.

- A break in the bone just below the head of the femur is called a hip fracture.
- For elderly people, broken hips due to falls can have even disastrous consequences.
- Diet and exercise modifications can lessen the chance of a broken hip due to brittle bones.



## HOW PHYSICAL THERAPY CAN HELP

### PHYSICAL THERAPIST EVALUATION

- START BY TAKING DETAILED HISTORY & EVALUATING YOUR CONDITION
- RELATED CONDITIONS ARE ASSESSED DURING INITIAL PHASE
- “HANDS-ON” EVALUATION CONDITION (ASSESS BALANCE, GAIT, POSTURE & RANGE OF MOTION)

### SAFE HOME

- ENVIRONMENT IS SAFE AND EFFECTIVELY LAID OUT
- YOUR PHYSICAL THERAPIST WANTS YOU TO RETURN TO YOUR NORMAL ACTIVITY

### INTERVENTIONS

- INCLUDES EXERCISES FOR STABILITY, BALANCE, POSTURE, FLEXIBILITY, COORDINATION, STRENGTH, AND RESTORATION OF RANGE OF MOTION
- A PROGRAM WILL BE CUSTOM-DESIGNED FOR YOU.

### OTHER TREATMENTS

- HIP MOBILIZATION, MASSAGE, ELECTRICAL STIMULATION, ULTRASOUND, OR THE APPLICATION OF HEAT/COLD

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