



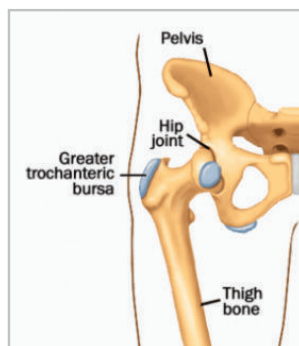
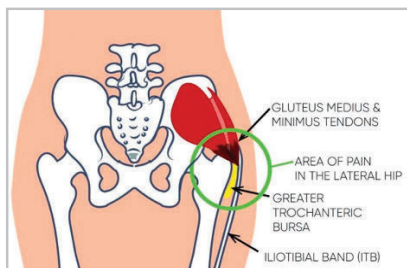
**ACCESS YOUR FREE ONLINE EXERCISE REHABILITATION PROGRAM:
WWW.AHSMP.COM/HEAL OR CALL 0280687161**

HIP PAIN

Pain in the hip area can be an incredibly limiting condition, with many possible implications for someone's function, including difficulty walking, standing up from a chair, playing sport or navigating stairs. While the majority of hip pain in older adults stems from osteoarthritis in the joint itself, there are many other structures which can cause hip pain, for people of all ages

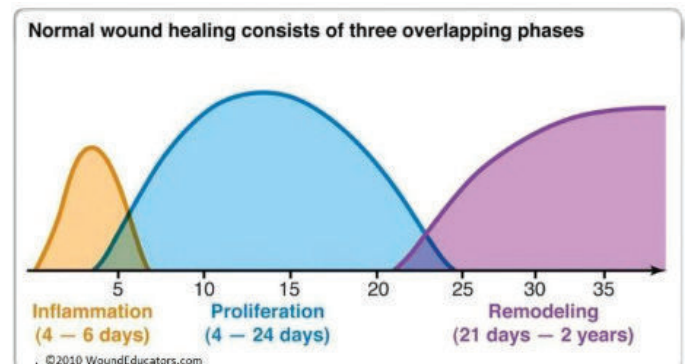
COMMON STRUCTURES THAT CAUSE HIP PAIN

Correctly diagnosing the source of your hip pain is critical for effectively treating the condition. Your GP and physio will do this for you.



TISSUE DAMAGE & REPAIR FOLLOWING AN INJURY

When a tissue is damaged, it undergoes healing and remodelling that spans across several phases, which change in duration depending on the severity of the injury:



UNDERSTANDING PAIN

Pain is a healthy and normal response to tissue damage. It serves us by making us stop and rest to allow the injury to heal in the early stages. As an injury heals, the pain should reduce. If pain persists beyond the normal expected timeframes, it is referred to as “chronic pain”.

Chronic pain is different to acute pain, because it no longer accurately reflects the amount of tissue damage. It becomes a “communication malfunction”, where the brain and nervous system become overprotective and send us pain messages, even if damage or danger in the body is minimal or non-existent.

The longer pain persists, the less likely it will accurately tell us about the amount of damage in the tissue! It is therefore important to treat chronic pain with gradual exercise exposure, even if some pain is present.



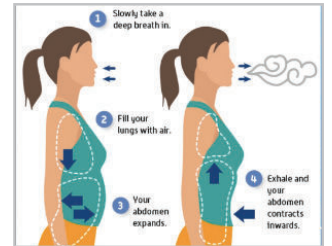
ACCESS YOUR FREE ONLINE EXERCISE REHABILITATION PROGRAM:
WWW.AHSMP.COM/HEAL OR CALL 0280687161

SPECIFIC STEPS FOR HIP PAIN RECOVERY

1. Improve your postural alignment: By improving body alignment, you reduce imbalanced forces which cause overload, pain and dysfunction. This is done through physio & exercise physiology (in-clinic) or can be self-managed with your FREE online program.



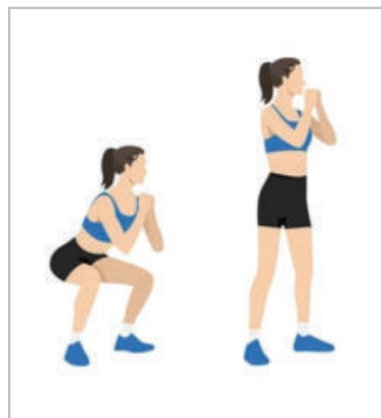
2. Switch on your core: Your glutes & core muscles support your pelvis and lower limb, helping with the alignment and reducing hip loads while you move (see your free program). Diaphragm breathing is also an important aspect of core control.



3. Muscle release and massage: Releasing tight muscles that are impacting the hip can create positive effects on both pain and movement. This can be done by your physio or at home with rollers and balls.



4. Postural strength and functional strength for work/life demands: Exercises that promote good movement and control are essential



for a complete recovery. These exercises are injury-specific, so see a physio or exercise physiologist (or self-manage with your FREE online program)

Don't forget to win the morning! Your morning program is essential to set up your day.

Your GP will be a great ongoing resource during your recovery. They will help you with advice, required medications and referrals as necessary.