



BOOK NOW!



How Physical Therapy TACKLES HIP PAIN

You want to take care of some chores or go for a walk — but hip pain is keeping you on the couch. If this sounds familiar, know that you don't have to suffer! At National Physical Therapy, our physical therapists will guide you through a simple process to address your hip pain so you can get active again.

This newsletter will take you through that process, from understanding your symptoms to the outcomes you can expect from physical therapy. Still have questions? Call us to schedule an appointment!

Pinpoint Your Symptoms

There are several potential reasons why someone might develop hip pain. To treat your pain effectively, we need to pinpoint what that cause could be.

When you visit us for your initial appointment, one of the first things we'll do is ask you to share your symptoms. "Hip pain" often causes a lot more than just pain, and being able to describe your pain, mobility limitations, and other concerns helps us get a clearer picture of your condition.

For example, you know that your hip hurts. But when do you experience pain (i.e., during activity)? Does your pain

come and go? *Where* do you experience pain? Is it just in your hip, or do you feel it elsewhere? Is the pain a dull ache? Sharp and shooting?

Make sure to share additional symptoms you might be experiencing, too. Here are some common ones:

- Stiffness/limited range of motion in your hip
- Weakness throughout the lower extremities
- Mobility issues, including walking, going up or down stairs, or struggling to stand up
- Difficulty performing everyday tasks, such as putting on your shoes — and let us know which ones!

Identify a Cause and Develop a Treatment Plan

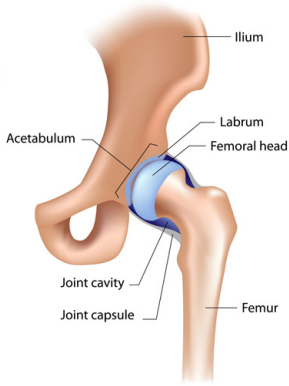
Thanks to your detailed symptom description — as well as a health history and comprehensive physical exam — your therapist should be able to determine the underlying cause of your hip pain.

If you're 55 or older, there's a good chance your hip pain stems from **osteoarthritis**. This degenerative condition causes cartilage and bone tissue to break down, leading to pain and restricted mobility.

*Are you suffering from a sports injury?
Aches and pains? Contact us today for relief!*

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However, hip pain can also stem from an injury. If you're an athlete or particularly active person, you may have suffered an acute injury, such as a **labral tear**, in which a ring of cartilage in the hip socket becomes damaged. You may have also **sprained** your hip — that is, damaged the ligaments that hold the joint together.



However, even if you haven't had an obvious injury, an injury could still be to blame. **Overuse injuries** are injuries that develop gradually and, in the hip, generally affect the soft tissue — your muscles, tendons, and ligaments. They usually occur due to repetitive movements or improper biomechanics.

Your treatment plan will vary based on the underlying cause of your pain, but in most cases, we aim to...

- Help manage acute pain with manual therapy, modalities, or gentle stretches.
- Improve mobility and range of motion through targeted stretches and exercises.
- Build strength in the muscles surrounding the hip to support the joint.
- Restore your ability to perform everyday movements, such as going up stairs — and for the athletes, we'll help restore your ability to perform sport-specific movements.

Understand Your Outcomes

As with treatments, your exact outcomes will vary based on the underlying cause. However, other factors can come into play, too, such as age, health status, and the amount of time you can spend with physical therapy (whether in the clinic or performing home exercise programs).

For example, osteoarthritis has no cure, but you can manage your symptoms with regular physical activity. If you stick with your prescribed exercise program, you can minimize pain, slow the progression of your condition, and delay or even avoid surgery.

If you suffered an injury, you likely will be able to resolve your hip pain, usually within 1-3 months. However, if your injury was severe, full rehabilitation — the point at which you've fully restored strength and function — may take longer. Continuing any prescribed exercises is important even if you no longer feel pain.

Start Your Own Journey to Hip Pain Relief Today

No matter the reason for your hip pain, the physical therapists at National Physical Therapy will guide you toward lasting relief. Call us today to schedule an appointment to get started!

BOOK NOW!
Get Back to Enjoying
Your Daily Life

Sources: <https://pubmed.ncbi.nlm.nih.gov/33448767/>; <https://www.choosopt.com/guide/physical-therapy-guide-to-osteoarthritis-of-hip/>; https://www.physio-pedia.com/Hip_Pain_and_Mobility_Deficits

EXERCISE ESSENTIALS

SUPINE HIP CIRCLES

Try this movement to relieve your hip pain.

Lie flat on your back with your hands on your chest and your legs together straight out. Keeping your leg straight raise one leg up so your heel is at the height of your other toe and slowly draw circles in the air with your foot moving only at your hip joint. Repeat 3 sets of 10 reps.



Always consult your physical therapist before starting new exercises.

HEALTHY RECIPE



ROASTED ASPARAGUS

- 12-16 ounces fresh asparagus (pencil-thin), woody ends trimmed
- 1-2 Tbsp olive oil
- 2 garlic cloves, finely minced
- Salt and pepper to taste
- 1 tablespoon lemon zest
- a squeeze of lemon juice
- Optional Garnishes: grated parmesan, toasted slivered almonds or pinenuts, basil, flat-leaf parsley, chili flakes

Preheat oven to 400F. Toss the trimmed asparagus in a bowl with olive oil, garlic, lemon zest, salt & pepper. Lay spears out in a single layer on a parchment-lined sheet pan. Roast until just tender yet still vibrant green, about 15-25 minutes, depending on size and thickness, tossing halfway through. Once tender, toss with lemon juice. Taste and adjust salt. Garnish with any of the optional garnishes.

<https://www.feastingathome.com/roasted-asparagus/#tasty-recipes-34982-jump-target>

Don't live with pain. Contact us today for relief!

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What's a HEP – and Why Is It So Important to Your Success?

HEP stands for “home exercise program.” If you’re undergoing physical therapy with National Physical Therapy, there’s a good chance your therapist will prescribe one to you.

It’s important to note that a HEP isn’t the same as an at-home workout program. With an at-home workout, your goal is general fitness. A HEP consists of curated exercises to help you achieve your rehabilitation goals.

We understand that an exercise routine can sometimes be difficult to work into a busy lifestyle. Therefore, we design our HEPs to be as straightforward as possible, with...

- Exercises you’ve done before
- A small time commitment
- Strategies for managing pain, if needed

However, we also want to make sure you understand why we prescribe a HEP at all! In fact, a HEP has multiple benefits:

- 1. It improves outcomes:** Patients who complete their prescribed HEP experience faster and more effective rehabilitation.
- 2. It improves muscle memory:** This means movements will become easier, and you’ll be able to more easily incorporate additional exercises during your in-clinic sessions.
- 3. It helps develop a good habit:** Even after you recover, regular physical activity is essential for good health. By completing your HEP, you get into the habit of moving daily.

In short, a HEP is a small way to make big changes! And if you think you might benefit from a personalized HEP, call us to schedule a consultation.

Sources: https://www.physio-pedia.com/Adherence_to_Home_Exercise_Programs

SUCCESS STORY

“The team at National Physical Therapy are the best! The super Krista at the desk, taking care of all the minor (which are not so minor) details with scheduling. Then we have the actual PT crew... Katherine with her witty sense of humor and her awesome skills is amazing. Then we have Brian who is so very knowledgeable and pleasant. I truly loved the atmosphere in this office; you guys are amazing! Thank you for getting me back to feeling myself.”

— *Carmen R.*

TELL US HOW WE DID!

★ REVIEW US!



NATIONAL
Physical
Therapy

COME BACK TO PT!

CALL THE CLINIC NEAREST YOU
TO SCHEDULE AN APPOINTMENT

OR CLICK TO BOOK!

BOOK NOW!

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Brockton
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Fall River
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Stoughton
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Hanover
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Mansfield
781-412-1280

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