

Say Goodbye to Hip Pain: 6 Expert Tips for a Speedy Recovery

Author's Bio:

I'm Julie Zapata, a dedicated Physical Therapist with over 23 years of experience. My journey began with a desire to overcome the limitations of the healthcare system and provide exceptional care.

Through **Higher Physical Therapy**, I've created a space where you can achieve best physical health without relying on medication or surgeries.

My goal? To help people stay active and get moving by easing their pain.

With a passion for working with Patients of different age groups, I've developed a unique approach to exercise, manual therapy, and healing.

As I always say, "*Movement is the key to unlocking a life of vitality,*" and together, we'll open that door.

Say Goodbye to Hip Pain: 6 Expert Tips for a Speedy Recovery

Are you tired of having hip pain all the time? Do you feel like every step is a fight and that even doing easy things is too much? Well, it's time for you to take expert advice and say goodbye to that annoying pain. Whether you just hurt your hip or have been living with pain for years, I am here to help you find relief.

1. Rest and Recovery

Rest doesn't just mean staying in bed all day. It also means staying away from things that hurt your hip and giving yourself time to heal.

- **Taking breaks from high-impact workouts** or other hard physical activities can help reduce stiffness and give your joints time to heal.
- **Icing** the hurt area can relieve pain and swelling right away. Ice helps close off blood vessels, which makes the spot less swollen. Wrap an ice pack or a bag of frozen peas in a thin cloth and put it on your hip for about 15 to 20 minutes at a time.
- **Targeted workouts** involving gentle movements can also help the healing process. These activities should aim to build the muscles around the hip joint while putting as little stress as possible on the area.
- **Low-impact activities** like swimming or cycling can also help improve blood flow and promote healing.

If you experience persistent or worsening pain despite following these tips, it may be time to consult a healthcare professional specializing in hip injuries.

2. Do your hips a favor, and STOP crossing your legs!

There are a few simple changes you can make in your daily habits that can greatly reduce your hip pain. Crossing your legs is one of the most common habits contributing to hip pain. While it may seem like a harmless position, especially when sitting for long periods, it can put a strain on your hips and lead to discomfort.

But — Why is crossing your legs bad for your hips? When you cross one leg over the other, your weight is distributed unevenly, which puts pressure on the hip joint. Also, it makes the muscles in your leg stiffen. This can cause tightness in the hip flexors, leading to pain.

So, what can you do about it?

Instead of crossing your legs, keep both feet firmly on the ground or use a footrest if you need to. Keep your knees about where your hips are. This will help keep your hips in the right place, take pressure off your muscles, and keep your joints from having to work too hard.

3. NEVER put all your weight on one leg

If you want your hip pain to go away, you should not stand with all your weight on one leg. This common position puts too much pressure on the hips, which can cause pain or even injury over time.

So, what can you do about it?

- **Put the same weight on each leg** and keep your hips from moving to one side. This helps to relieve pressure and keep the hips in the right place.
- **Use a footrest or elevate one foot slightly while standing for long periods.** This takes some of the load off the hips and provides relief.
- **Watch how you shift your weight when walking.** Avoid favoring one side excessively, which can also contribute to hip pain. Instead, take shorter steps and keep a balanced gait.

Being conscious of how you distribute your weight while standing and walking can help reduce hip pain and promote better overall hip health.

4. Your sleeping position is important

Those who suffer from hip pain may find it difficult to sleep on their sides. The pain will likely persist if you sleep on your side (top or bottom hip) since this position applies sustained compression to the tendons for hours. A lack of uninterrupted rest throughout the night might also hinder healing.

When it comes to getting a good night's sleep, finding the position that works best for you and supports your hip joint is important.

Tips for a better sleep at night:

- **Sleep on your back.** This allows for proper alignment of your spine, hips, and pelvis. Place a pillow under your knees to alleviate pressure on the hips to enhance comfort.
- **Place a pillow between your knees.** If you prefer sleeping on your side, consider placing a pillow between your knees to maintain proper alignment and reduce hip stress. This can help prevent any unnecessary twisting or strain during sleep.

- **Avoid sleeping on your stomach** because it can lead to an unnatural arch in the lower back and increased pressure on the hip joints. If this is your preferred position, try using a supportive pillow under the abdomen or gradually transitioning to another position.

Finding the right sleeping position may require some trial and error. Remember to listen to your body and make adjustments until you discover what provides optimal support for reduced hip pain during sleep.

5. Stretching exercises can aggravate your hip pain.

To alleviate discomfort, many individuals go for a stretching exercise. When it comes to hip discomfort, though, stretching is detrimental. You may have noticed that your hip tendons hurt more after you cross your legs to stretch your glutes, which is understandable, given that you now know how crossing your legs increases compression on those tendons.

What can you do instead of stretching?

Instead of stretching, try massaging the muscle's bulky portion with a spiked ball. This will make you feel calm and relaxed and help alleviate your discomfort temporarily.

6. Take help from a Physical Therapist.

Seeking the advice of a qualified physiotherapist will speed up the recovery process.

What are the perks of contacting a PT?

- One of the key benefits of physical therapy is its ability to **target the root cause** of your hip pain.
- A skilled therapist will assess your condition and develop a **personalized treatment plan** to address any underlying issues. They may use techniques like manual therapy, exercise prescription, or laser or Winback tecar to promote healing and alleviate discomfort.
- In addition to addressing the immediate symptoms, therapy aims to **prevent future injuries** by strengthening and stabilizing the muscles around the hip joint. Through

targeted exercises and stretches, you can build strength in weak or imbalanced areas, reducing stress on the hips during movement.

- But it's not just about what happens during your sessions – therapy empowers you with knowledge and tools for **self-management at home**.

Your therapist will educate you on proper body mechanics, posture correction, and ergonomics so that you can make positive changes in your daily life to support long-term recovery.

The right choice of Physical Therapy may put you at rest and give you hope for a speedy recovery in as little as 30 to 40 minutes.

When to see a Physical Therapist?

1. **Persistent pain and limited mobility:** If you're experiencing persistent hip pain that doesn't improve with rest or self-care measures, it's time to seek medical attention. Additionally, if your range of motion is significantly limited and interferes with daily activities, it's best to consult a doctor.
2. **Inability to bear weight:** If you cannot put any weight on your hip or leg without severe pain, it could indicate a more serious injury, such as a fracture or dislocation. Seeking immediate medical help is crucial in such cases.
3. **Swelling and redness:** Swelling around the hip joint accompanied by redness and warmth may indicate an infection or inflammation requiring prompt evaluation by a healthcare professional.
4. **Fever and malaise:** Systemic symptoms like fever, chills, fatigue, and overall feeling unwell might suggest an underlying infection that needs urgent medical attention.

Final Verdict

Hip pain can be debilitating and greatly affect your daily life. However, by following these top-notch tips for a speedy recovery, you can reduce hip pain and get back to doing what you love. If conservative measures don't bring relief or the pain worsens, consider seeking PT to aid your recovery process. A trained professional can guide you through exercises specifically to strengthen the muscles around the hips and improve mobility.

By taking proactive steps toward reducing hip pain, you can regain control over your body and live a life free from constant discomfort.

"Say goodbye to hip pain once and for all!"

Health Disclaimer:

The content provided here is intended for general informational purposes only. **Higher Physical Therapy**, founded by Julie Zapata, is dedicated to providing the highest quality care to its clients. However, please note that the information shared does not constitute professional medical advice or a substitute for consultation with a qualified healthcare professional.

While Higher PT strives to offer accurate and up-to-date information, the field of healthcare is constantly evolving. Furthermore, we acknowledge that each individual's medical needs and requirements are unique. The treatment plans, evaluations, hands-on treatments, and home self-treatment programs described are tailored to a general audience and may not be suitable for everyone. It is important to consult with a qualified healthcare provider to determine the appropriate course of action for your specific situation.

Higher PT's commitment to providing exceptional care is reflected in the expertise of its therapists and their dedication to your well-being. Our company's goal is to reduce pain, address symptoms, identify root causes, and enhance overall physical health. Contact us for any professional guidance or therapy!

At Higher Physical Therapy, we don't just treat symptoms; we empower you to embrace life without limitations.

Julie Zapata, at HIGHER PHYSICAL THERAPY

