

Welcome to our **Newsletter** ...

Designed to provide you with current information about **Physiotherapy**...

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**Cherrybrook Physio**  
**9484 3360**  
**For all your Physio Needs...**

**Assessment**  
**Diagnosis**  
**Treatment**  
**Rehabilitation**

## Cherrybrook Physiotherapy

a leading Physio Clinic of excellence in The Hills.



We tailor specific, individualised and evidence based treatment plans that are specific for your injury. For an accurate diagnosis and tailored treatment plan call **9484 3360** and make an appointment today...



this issue

**HIPS...**

**Do you often get niggles around your hips?...**

**News from our clinic..**

### Do you get niggly pain in the HIP?

Hip pain is common for all age groups. The hip joint and its integration with your pelvis, SIJ and lumbar spine make it a complex region to correctly analyse and assess any dysfunction.

Your hip function can also be affected by lower limb biomechanics involving your knee, foot and ankle plus your lower leg muscles.

The following are common conditions that can occur within the hip joint:

- Osteoarthritis OA
- Muscular Strains
- Labral Tears
- Trochanteric Bursitis
- Referred Pain

Other causes of Hip Pain may include femoral fractures - usually in older people after a fall or less commonly a stress fracture.

A thorough subjective and objective examination from a physiotherapist is usually sufficient to diagnose the cause of hip pain. Investigations such as an X-ray, ultrasound, MRI, CT scan or bone scan may be required to confirm diagnosis and rule out other injuries.

Only after a thorough hip assessment, can your hip pain be effectively rehabilitated to relieve both hip pain and dysfunction and to prevent re-occurrence.

### Did you know Physio could help?

Hip pain is a specialist interest of our therapists: We will spend the time with you to fully assess the origin of your hip pain and investigate whether it is a joint, muscular, nerve or biomechanics issue.

### What does the hip do?

The hip has three functions occurring through a ball and socket joint:

- Mobility
- Transmission of load
- Stability for weight bearing

The Hip joint is made up of the femur (thigh bone) and the pelvis. The femur articulates into the socket known as the acetabulum where it is able to move in many different directions.

The joint is stabilised through many different muscles and ligaments which work together to reinforce the stability of the joint. When there is a malfunction hip pain may occur.

### Different Types of Hip Pain...

As the hip is such a complex joint, there are a variety of problems that can occur. Pain may be caused by local structures within or around the hip or groin, or, may be referred from other sources (such as the lower back, pelvis or sacroiliac joint).

### Osteoarthritis of the Hip Joint

Osteoarthritis develops when the articular cartilage starts to break down, which usually occurs as a result from trauma, ageing or failure of joint repair and maintenance problems. It usually has an insidious onset with decreasing mobility and can be more debilitating over time.





## News from Cherrybrook Physio ...

We will be closed for all Public Holidays and Sat 27th Dec...

Please call the clinic 9484 3360 for our reduced opening hours between the 22nd December and 5th January...

Don't forget to like us on facebook!

[www.facebook.com/pages/Cherrybrook-Physiotherapy](http://www.facebook.com/pages/Cherrybrook-Physiotherapy)

### Muscular Strains

#### • Hip Flexor Strain

Tearing of the hip flexor muscle typically following a kick on the run or rapid acceleration movement is associated with localised pain at the front of the hip, difficulty lifting the thigh and often pain on performing a hip flexor stretch.

#### • Groin Strain

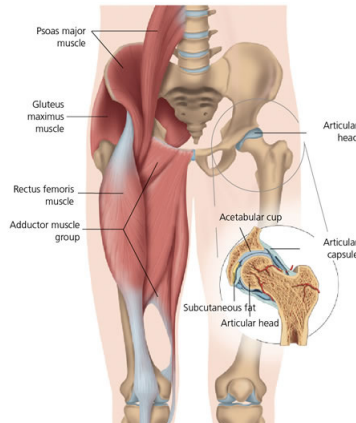
Tearing of the adductor muscle, typically following a forceful kick or change-of-direction movement is associated with localised one-sided groin pain, often aggravated by stretching the affected muscle.

### Labral Tears

The acetabular labrum is a ridge of cartilage that runs around the rim of your hip joint socket. Its purpose is to make the hip socket deeper and more stable. The labrum can be torn from its attachment and cause pain.

Pain is usually deep, although may present as vague groin pain. A clicking or catching sensation may also be present. Symptoms are usually exacerbated with weight-bearing and twisting activities.

The labrum may tear as a result of falls or sporting injuries when the hip is forced into extreme positions. It can also be damaged by repetitive trauma in sports that require regular rotation of the hip -- like golf, soccer, hockey, and ballet.



### Trochanteric Bursitis

A bursa is a fluid filled cushioning sac that functions as a gliding surface to reduce the friction between moving tissues of the body. Pain may occur if the bursa becomes inflamed due to increased friction.

Trochanteric bursitis is the most common bursitis of the hip: inflammation of the bursa which lies over the prominent bone on the side of the femur. It is more common in middle aged women with pain felt lying on the affected side.

This injury can occur traumatically from a fall or a sport-related impact contusion. It can also be a gradual onset via a repetitive trauma to the bursa from such activities as running (with poor muscles control or technique), walking to fatigue, or cycling, especially when the bicycle seat is too high.

A deep trochanteric bursa lies deeper and becomes inflamed in more severe cases; this may be associated with OA, muscle imbalance or leg length discrepancies.

### Referred Pain

Pain may be referred to the hip from other sources such as the lower back or sacroiliac joint, often associated with symptoms above or below the hip. Pain may present as pain in the hip and thigh; it is sometimes associated with pins and needles or numbness in the affected leg or foot.

### TREATMENT

Hip pain is not only limited to the above conditions - treatment should be designed to address the underlying cause of the hip pain.

Successful treatment will take into consideration the following:

- entire lower limb (foot, ankle, knee and hip)
- lumbar spine
- pelvis and SIJ function and alignment
- deep hip muscle control and activation patterns
- muscle control, strength, function and flexibility
- core and pelvic floor muscle control
- neural tissue extensibility
- hip joint biomechanics



Treatment can include but is not limited to:

- Manual therapy techniques - mobilisation of joints, muscle & neural tissue
- Exercise programs - based on strength, balance, flexibility & stability
- Heat/ cold therapy
- Taping
- Activity modification - relative rest & refining techniques
- Orthotic prescription

At Cherrybrook Physio our highly skilled physios have a special interest in hip pain - they will thoroughly analyse WHY you have hip pain, rather than only treating your symptomatic pain. We strongly believe that if you don't correct why you are vulnerable to hip injury then it is only a matter of time before your hip pain returns.

*Cherrybrook Physio promoting health and wellbeing for all ages...*

*Don't let aches, pains or injuries restrict your lifestyle...*

**MAKE THE MOVE call 9484 3360 today...**



*We Wish to Thank - You for your continuing support throughout the Year...*

*Warmest Thoughts and Best Wishes for a Wonderful Christmas and a very Happy & Healthy 2015..*

*Kim & All the Team at Cherrybrook Physiotherapy...*