

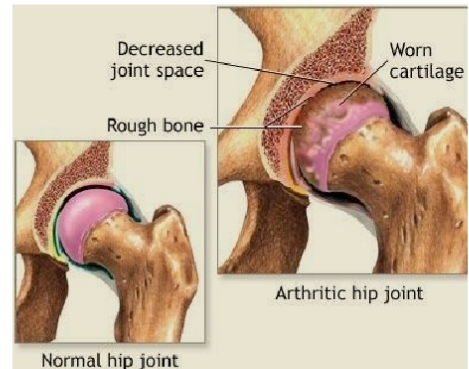
# JERSEY CENTRAL

## PHYSICAL THERAPY FITNESS

### Physical Therapy and Hip Pain

Hip Arthritis results from osteoarthritis, or “wear-and-tear” arthritis. Osteoarthritis progressively wears away the cartilage of the joint it affects. Without cartilage in the joint to make movements smoother, the hip bones begin to grind and cause pain. Hip arthritis is typically found in people:

- Over 50 years old
- Overweight – in fact, weight loss has a tendency to lessen the symptoms of hip arthritis.
- Genetics - if the condition runs in your family, your chances of developing it are much greater.
- Trauma – injuries to the hip, including fractures, can increase risk.



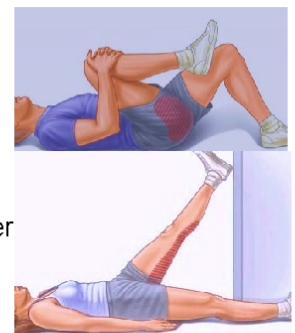
There are a few measures you can take to avoid this debilitating condition:

- **Lose weight.** More weight = more compression on all joints. Weight loss can dramatically decrease symptoms. Seek the help of your physical therapist. We can teach you exercises to better distribute the pressure on your joints from everyday movements.
- **Modify your activities.** Limit activities that are painful. Aquatic exercise is a great option to perform exercises without increasing joint compression. Walking aids to help alleviate your pain.
- **Ask your doctor about trying anti-inflammatory medications.**
- **In severe cases, you may need hip replacement surgery.**

As soon as you start feeling the symptoms of hip arthritis, including limited range of motion, joint stiffness, and pain in the hip area, see your physical therapist. If you receive a diagnosis of hip arthritis, don't be a Couch Potato. It Won't Save Your Hip. On the contrary, medical experts recommend that you **remain as active as your comfort level will allow**. You certainly don't want to force activities that will result in more pain down the road. **If you or a loved one has any hip discomfort, it is important that you consult our staff right a way. We can help you make the most of your condition so you can carry out your day to day activities with less pain.**

It is important to use heat and stretch before exercising to loosen the muscles in preparation for your activity. Some common stretching we recommend include:

- Knee-to-chest pulls. Start in a comfortable position lying on your back with knees bent and feet flat on the floor. Bring one knee to your chest and hold it with your hands for 10 seconds. Repeat the process with the other leg. Repeat the sequence 5 times.
- Hamstring stretch. Lie on your back in a doorway, with one leg through the open door. Slide your leg up the wall to straighten your knee. You should feel a gentle stretch down the back of your leg. Hold it for 10 seconds. Do not arch your back, or bend either knee. Keep one heel touching the floor and the other heel touching the wall. Do not point your toes. Repeat with your other leg.



**Physical therapy is a critical step in the management of hip arthritis. We will create a treatment plan that includes exercise and other specialized techniques to relieve your pain.**

### CONTACT:

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