

MEAD PHYSIO GROUP

LINKED HEALTH CARE

Physio | Clinical Pilates | Massage

HIP PAIN

One of the most common conditions amongst mid to late age females is lateral (running down the outer aspect) thigh pain. It affects 1 in 4 females in this age bracket. The condition is related to tendon strain from a weakening of the hip muscles. It occurs often associated with other conditions around the area including back and groin pain. Although not severe, the pain eventually affects the ability to walk, climb stairs and sleep on the sore side. It is distinguished from other conditions such as back pain in which the spreading ache typically runs down the back of the leg, or hip joint pain which shows itself in the groin area. The key signs are:

- Ache running down the side of the thigh rarely past the knee
- Difficulty lying on the side, getting out of chair, walking
- Standing or sitting still often annoys it
- Tender around the point of the hip on the side of the thigh
- Feelings of weakness in the leg or imbalance causing a characteristic waddle with walking

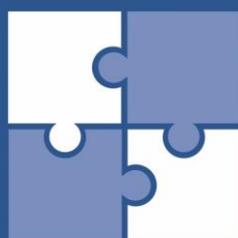
How to manage hip pain-the top 5 tips:

1. Sit with cushions under your bottom to sit higher and do not cross your legs
2. Use pillows between your knees when lying and use ice to reduce any swelling
3. Try and adopt a symmetrical stance position and prop your foot up on a support
4. Use a stick in your opposite hand if you limp and try to shorten your steps
5. Strengthen your hip muscles initially in lying and then progress to upright positions



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Top 5 exercises:



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