

Can My Hip Pain Heal?

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The answer it depends. It depends on the source of your hip pain. Is the pain due to a muscle strain or tear? Tendonitis? Bursitis? Fracture? In these instances, YES, your hip pain can be alleviated and structures can heal. You just need to follow the advice in the videos for your specific problem.

What about if you have arthritis? Studies have shown that arthritis does not automatically advance and worsen. In some cases, it remains stable and in a few instances it can improve. We have also found that the pain in your joint may not only be from arthritis, but also the structures surrounding it. Strengthening and stretching exercises may greatly improve you pain levels and overall function.

What about a structural problem like femoroacetabular impingement (FAI)? In FAI either the ball of the femur or the socket of the pelvis is mis-shaped. Or both are mis-shaped. The FAI will probably not improve but with exercise, stretches, and a change in daily habits, your pain levels may improve. We often preach the body wants to heal itself and has great capacity to do so-if you allow it. Our job is to help you create an environment where healing or pain improvement can take place. Change the habits and stressors that may be causing or perpetuating your hip pain. As we stated earlier, improve your hip motion and strength. Do both and your hip pain may dramatically improve. Either way what have you got to lose. The exercises and habits will be helpful to your hip even if you do require surgery.