

Stop These 12 Daily Habits or Your Hip Pain May Never Go Away

There are common daily habits that can contribute to or perpetuate hip pain. We discuss many of these habits in the other videos of this Hip Pain series. In this video we will provide a brief discussion of each habit.

1. Sitting for prolonged periods of time. Prolonged sitting can contribute to hip pain (especially if the knees are higher than the hips- for example in a low chair). (See PHOTO).



2. Sitting uneven. For example, placing more weight on one hip.



3. Standing uneven. Putting more weight on one side.



4. Standing for prolonged periods of time.
5. Walking incorrect without using a gait aid. Many people attempt walking without a gait aide, even if it results in an obvious limp.
6. Not participating in a walking program.
7. Walking incorrect with a gait aid. Using the gait aid incorrectly or on the wrong side.
8. Lying in bed incorrectly (either on the painful hip or without a pillow for support).



9. Being too stationary throughout the day. Not moving often enough. Not participating in a walking program.
10. Using a bicycle or seated elliptical with the seat adjusted too low.
11. Not wearing proper footwear. Standing on concrete or hard surfaces without footwear with cushioning soles in your shoes or using a cushioning mat.

12. Exercising incorrectly. Putting unnecessary stress on hip when there are alternatives - e.g., Avoid hills with walking/running. Incorrect form when exercising. Lifting weights incorrectly.