

Four Reasons Your Hip Pain Will Not Go Away

Many people blame their ongoing hip pain on osteoarthritis. They may have been told they have bone on bone deterioration in their hip. These findings (normally discovered on an Xray or MRI) may be contributing to their pain, but often the main source of pain may be due to the following issues:

1. Inadequate hip strength (weakness)
2. Inadequate hip range of motion (tightness)
3. Inadequate hip activity (sitting too much, standing too much)
4. Improper positioning of your hip throughout the day.

Many individuals are terribly inactive which leads to decreased range of motion of their hip joint. The muscles surrounding their hips may also become weakened and eventually painful. Sitting wrong, standing wrong, walking wrong, and sleeping wrong can also increase the stresses on their hips and lead to pain. Most people are surprised to learn their hip pain can be lessened and even eliminated through a proper exercise, stretching, activity, and positioning program.

We cover the correct strengthening, stretching, and movement exercises for your painful hip in the following videos on YouTube. Alternatively, go to bobandbrad.com and click on Programs. Click on the link for the Hip Program. The same titles will be listed there.

1. **Bob & Brad Hip Pain Stretching Program**
2. **How the Hip Movement Program Can Help Take Your Hip Pain Away**
3. **How Strong Butt Muscles (Gluts) Can Help Your Hip Pain. How to Test if Weak**
4. **How to Strengthen a Painful Hip**
5. **How to Lift Weights with Hip Pain**
6. **How to Stop Hip Pain in Bed (Correct Sleeping Postures)**
7. **How to Walk with Hip Pain Without Using a Walking Aid (Cane, Walking Stick, Walker)**

- Videos to help if you are sitting wrong, standing wrong, sleeping wrong, or walking wrong.
8. **How to Walk with Hip Pain using a Cane, Walker, Walking Stick, etc. Page 61 Fix Hip**
 9. **How to Walk with Hip Pain Without Using a Walking Aid (Cane, Walking Stick, Walker)**
 10. **How to Stand & Sit with Hip Pain (page 76 on McKenzie)**
 11. **How to Stop Hip Pain in Bed (Correct Sleeping Postures)**

A fifth reason your hip pain will not go away can be excess weight. Most people are aware being overweight can negatively affect hip arthritis and pain, but they struggle with weight loss. We will be adding videos (from experts) in the future to help with your nutrition and weight loss needs. Bob and Brad are always cheering for your success!!