

## **Introduction to the Complete Program for Treatment of Hip Pain**

This program is designed to help you with your hip pain. Specifically, it may help you with hip arthritis, hip tendonitis, hip bursitis, muscle strain, or tendon strain.

Hip pain is extremely common. This is especially true as you get older. Many people are surprised at how intense it can be. Many of our patients believe there must be something seriously wrong with their hip for it to hurt that bad. We approach most hip pain issues with the thought that something in the hip is not working or moving quite right. This can be due to hip tightness, weakness, inactivity, and/or poor hip positioning. This dysfunctional movement is causing your pain. An obvious exception would be an injury to the hip from an accident, fall, or some type of physical trauma.

Our first goal is to get your hip working and moving right. This done mainly through specifically designed exercises. We want your hip working as well as it can be expected.

The second goal is to eliminate or lessen the hip pain makers in your life. In our world, a pain maker is an action, a position, or thing that causes pain. We will cover this in detail in future videos.

Our third goal is to strengthen the hip and leg muscles so the hip will remain in correct position, remain pain free, and be able to handle the stresses of work and everyday living.

### *DISCLAIMER*

We insist that you see a physician before starting this video series. Furthermore, this video series is not designed to replace the treatment of a professional: physician, osteopath, physical therapist, orthopedic surgeon, or chiropractor. It may however serve as an adjunct. Do not go against the advice of your health care professional. When under the care of a professional make certain that they approve of all that you try. This information is not intended as a substitute for medical treatment. Any information given about shoulder-related conditions, treatments, and products is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this publication. Before starting an exercise program, consult a physician. Our insistence that you see a doctor is based upon many reasons.

1. Your hip pain could be coming from your back.
2. If your hip pain is from trauma, or an accident you need to be examined by a medical profession.
3. Hip pain can be from a medical issue (hip stress fracture, dislocation, osteonecrosis, etc.)

We embrace the same philosophy with each video.

1. This is a self-help video. It is up to you to get better. You oversee your body and the outcome. You are in charge and you are responsible. Somebody is not going to swoop in and magically heal your problem. There is no magic pill, surgery or shot that will solve your problem.
2. The body has great capacity to heal, and it wants to heal. Provide the environment where it can heal.
3. You must believe and follow recommendations. If we recommend exercises and you fail to perform them, you will not get better. It is as simple as that.
4. We are not big believers in having a therapist or doctor do something to you (manual therapy, massage, some type of modality). We are big supporters of people managing their own bodies with therapists and physicians serving as consultants.