

## **How to Treat a Recent Injury to Your Hip (3 Step Program)**

If your hip pain started with a fall or an injury, the first question that needs to be answered is if you need to see a doctor. Watch our video **Hip Pain? 15 Signs You Need to See a Doctor Immediately**.

If you have seen a doctor or feel certain it is unnecessary you can proceed with a three-step approach.

### **Step ONE**

For the first 24-48 hours apply ice to the hip. To prevent ice burn, place a damp towel between the icepack and your skin. Apply the ice pack for 15-20 minutes to the hip every 3 hours (if able).

You can make your own cold pack with two-gallon freezer bags, a cup of rubbing alcohol, and 4 cups of water. Put the four cups of water and one cup of rubbing alcohol into one of the freezer bags. Get the excess air out. Place the bag inside the second gallon freezer bag and freeze for several hours. It makes a nice pliable cold pack.

Do not sleep on the painful hip. Sleep on the opposite hip with a pillow placed between your knees.

### **Step TWO**

For the first 24-48 hours limit any activities that increase your hip pain or swelling. Limit weight bearing and stress on the injured hip. Avoid stairs and hills for now. Use a cane in the hand of the opposite side of the injured hip. You also can use a crutch or crutches, a walking stick or sticks, or a walker to decrease weight on the area.

### **Step THREE**

Begin gentle movements. A good starter exercise is gentle trunk/hip rotations in the hook-lying position. Bend your knees to a comfortable position. Lower the knees to your left side and then to your right side. Perform this exercise in a pain free manner. If rotating one direction increases pain- skip that direction to start and come back to it later- when less painful. Just work on the direction(s) that are pain-free.



After your hip begins to feel better you can partake in the exercise program outlined in the video **How to Strengthen a Painful Hip**.