

Should You Rest a Hip that is Painful?

The answer to the question, “should you rest a hip that is painful?”, depends on your diagnosis or the type of injury you have. With a hip fracture or hip muscle complete tear, the answer is an unequivocal yes. You may need surgery and if not, you will need to protect the hip and let it heal. With a hip muscle strain, a mild hip muscle tear, hip arthritis, hip bursitis, or hip tendonitis, the answer is no (with conditions).

The conditions may be as follows:

1. Your hip movements should be controlled. We should limit your movements to pain-free motions.
2. Weight bearing may need to be reduced. We may have you avoid hills and stairs. We might suggest using a cane, a crutch, a walking stick, or a walker for a while.
3. Exercises and stretches will be gradually progressed. Over the next several videos we will provide details on how to perform and progress an exercise program.
4. Certain activities may be avoided at first. We will provide a dos and don't list.
5. Number condition to follow - do nothing to increase your pain. Always keep this golden rule in your mind!