



Injury Specific Guide:

Hip Pain

By: Lynda Huey

**Author of Heal Your Hips: How to Prevent Hip Surgery –
and What to Do If You Need It**



About The Author Lynda Huey

Lynda Huey, M.S., founder of Huey's Athletic Network, is a former athlete and coach whose own injuries led her into the water to find fitness and healing. She was educated at San Jose State University where she starred on the track and field team during its golden years. She earned a masters degree in kinesiology, coached volleyball, field hockey, and track and field at several universities before writing her autobiography and starting her own business. She pioneered the use of water training with Olympic athletes in 1983 and wrote four books on water exercise. She has written for most of American's top sports magazines, hosted a sports show on KCRW, and worked for NBC at the Seoul Olympic Games. She lectures regularly in Australia, Italy, and the U.S. and appears on TV in those countries.

Since 1993, Huey has combined her knowledge of working with injured Olympic athletes with the expertise of physical therapists to create an excellent set of aquatic therapy protocols. Our eclectic mix of remarkable physical therapists offer orthopedic, rheumatological, and neurological patients a progressive environment in which to regain full function.

Welcome

You have just made the first step toward recovery. By downloading this super-informative and easy to read Hip Pain Injury Specific Guide, you have empowered yourself to make educated decisions.

I have been helping people just like you for over 30 years. I have seen your injuries, I have listened to your questions, I have heard your challenges, and as a result I am able to offer tailored physical therapy programs that get fantastic results.

The following pages are filled with Quick Tips for Hip Pain that you won't find anywhere else.

We help people get better, you're on the right road.

Quick Tips for Hip Pain

All information, content, and material of this article is for informational purposes only and is not intended to serve as a substitute for the consultation, diagnosis, and/or medical treatment of a qualified physician or Physical Therapist.

Use Ice

Ice is the most under recognized of all painkillers. It needs no prescription, is easy to apply and quick to begin working and it's free. Applying ice to your sore hip reduces blood flow, slows nerve conduction, and elevates your pain threshold. Because it cuts your pain, it reduces your need for pain medication. Keep in mind that ice treats only the tissues closest to the skin-it works well in reducing muscular pain, tendinitis, and bursitis, but it won't reduce pain or swelling deep inside your hip joint.

Fill a large plastic freezer bag with ice cubes and place it on the part of your hip where you feel pain. If your skin is particularly sensitive, put a thin cloth between the ice bag and your skin. Leave the ice bag in place for ten to fifteen minutes, but check your skin under the ice several times to make sure your skin hasn't been burned by the ice.

Ice is the closest you can come to a free miracle. It can knock out pain and speed the healing of many injuries. Look at ice as a quiet but powerful cure. I swear by it and advise all those I work with to ice after leaving the pool.

-Lynda Huey

Reduce High impact activities

Decrease the amount of time spent walking, stair climbing, carrying heavy objects, and running over ground. Replace your exercise routine with lower impact activities such as water workouts, bicycling, and an elliptical trainer.

Wear Impact-Absorbing Shoes

The harder your shoes, the more impact you are transmitting to all of your weight-bearing joints, including your hip. That translates to more trauma to the articular cartilage surfaces and more erosion. Wear the highly cushioned athletic shoes made for runners. That may not be realistic all the time given the demands and dress codes of your workplace, but wear them whenever you can.

Lose Weight

Your hip is the largest of your weight-bearing joints. Every time you take a step, you load your hip with more than three times your body weight, so if you weigh 150 pounds, your hip has to support over 450 pounds with each step! Every pound you gain means more than three pounds of pressure placed on your hip with each step. Conversely, if you were to lose ten pounds, you would eliminate thirty pounds of pressure that your hip must bear.

Now is the time to lose weight by dieting and starting a low-impact exercise program.

Sleep with a pillow between your knees

Sleeping with a standard pillow between your knees helps with hip alignment and decreases the pull on your hip, which can relieve pain caused from bursitis. Bursitis (bur-SY-tis) is a painful condition that affects the small, fluid-filled sacs — called bursae (bur-SEE) — that cushion the bones, tendons and muscles near your joints. Bursitis occurs when bursae become inflamed.

Exercise: Ten Minutes in Water, Ten Minutes on Land

Whether your hip pain is a surprise or a problem you've been expecting, you want relief. Here's how to get it. Go to your nearest swimming pool and do the ten-minute pool program followed by the ten-minute land program detailed below. The pain relief will be worth the effort of traveling to the water.

“Ten-Minute Pool Program”

Exercising in water-aquatic therapy-can be the best of all pain-reducing treatments. It naturally increases circulation, releases endorphins (the body's painkillers), and stimulates the body's healing mechanisms.

Further, exercising in water is the gentlest, safest way to increase flexibility, increase strength, and gain endurance-in other words, the best way to regain movement, mobility, and function.

While doing the exercises, focus on the physical abilities of your healthy and unhealthy hips. Notice whether you take a longer stride with one leg than with the other or whether you can lift one leg higher to the side.

Exercise 1. Walking forward, backward, sideways

Exercise 2. Bouncing

Exercise 3. Bicycle Kick

Exercise 4. Hip Openers

Exercise 5. Leg Swings

Exercise 6. Internal and External Rotations

Exercise 7. Squats

Exercise 8. Lateral Split

Exercise 1. Shallow Water Walking Warm-up

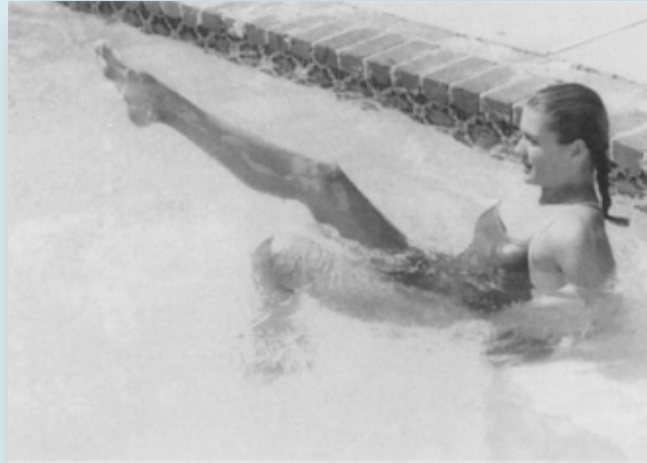
Spend three of your ten minutes on this exercise-one minute forward, one backward, and one sideways. Walk forward and backward across the pool in chest-deep water until you've become accustomed to the water temperature. Now walk sideways, first leading with your pain-free hip, then leading with the painful hip.

Exercise 2. Bouncing: Backward, Forward

Bouncing backward is easier than bouncing forward, so start backward. Face the side of the pool, slowly bend both knees, and lower yourself to a half-squat position. Gently straighten both legs at the same time and take a small jump backward. Immediately bend both knees again and smoothly continue bouncing backward across the pool. Now try bouncing forward.

Exercise 3. Bicycling

Brace yourself at the side of the pool or sit on a step. Bend your knees to begin kicking in a bicycling movement as shown below.



Exercise 4. Hip Openers

Sit on a step to do this exercise or push your lower back against the side of the pool and brace yourself as shown below left. Open your legs wide apart as shown below right, then pull them back to the starting position. Continue opening and closing them, using equal force throughout both halves of the movement.



Exercise 5. Leg Swings

To protect your lower back, tighten your abdominal and gluteal muscles as you do this exercise.

Stand erect with your hand on the side of the pool for stability. Swing your left leg straight forward as shown below left, then swing it down and to the rear as shown in below right. If a full swing backward hurts your back, don't reach so far. After thirty seconds, turn and perform leg swings with the other leg.



Listen to Your Body

As you position yourself for these exercises, you might feel the urge to move your leg or body in away that isn't part of the program. That's your body talking to you: do what it tells you. For example, if you feel like pulling your knee toward your chest to loosen your back and buttocks, do it. Intuitive knowledge surfaces in the water, so pay attention to what you're feeling and what movements your body asks of you.

Exercise 6. External Rotation and Internal Rotation

If you've already had hip surgery, skip this exercise for now

Stand on your right leg with your left knee bent and your thigh parallel to the surface of the water. For stability, tighten the muscles of your standing leg and buttock. Turn your knee outward to reach the position shown below left (external rotation), then inward to the position shown below right (internal rotation). Reach as far as you can in each direction. After thirty seconds, turn and repeat with the other leg.



Exercise 7. Squats

Face the side of the pool in chest-deep water with your feet parallel and shoulder-width apart. Grasp a gutter or the lip of the pool with both hands. Keep your back straight and slowly bend both knees until you've lowered your chin to the water as shown right. Your heels will probably lift away from the pool bottom.



Water Works!

Here's how water works: As soon as you step into the pool, you've eliminated the weight-bearing part of your problem. Once you've taken a "load" off your painful hip, you move it through its range of motion against the smooth, three-dimensional resistance of the water. Your hip gets stronger. Water is like a strategic missile that knows its target and continues to pursue it. No matter how you move in water, it works to strengthen the muscles surrounding your hip joint.

Exercise 8. Lateral Split

Grasp the side of the pool or an AquaTrend Pool Bar as shown below. Gradually walk your feet away from each other, opening your legs to the side as far as you comfortably can. Breathe slowly and deeply as you hold this stretch for a minute.



You'll probably discover that you don't want to get out of the pool after only ten minutes. It feels so good you'll want to return day after day.

“Ten-Minute Land Program”

When you return from the pool, find a carpeted space where you can comfortably lie on the floor for these exercises. Although Exercise 10 addresses both hips at the same time, the others require that you do one side, then repeat on the other. Therefore, we've allocated two minutes to each exercise, which includes the time you'll need to rest between exercises.

Exercise 9. Abductor Stretch

Lie on your back with the knee of your uninvolved leg bent and your involved leg flat on the floor. Pull your uninvolved leg across your body as shown below. Your opposite hand is out to the side for balance. Hold this stretch while you breathe deeply and slowly five times. Consciously relax with every exhalation. Come back to the starting position, then perform an abductor stretch on your involved side. Repeat on each side.



Exercise 10. Internal Rotator Stretch

Sit up with your spine erect and your knees bent to the sides. Put the soles of your feet together with your hands around your ankles as shown below. Relax and breathe deeply at least five times while maintaining this position.



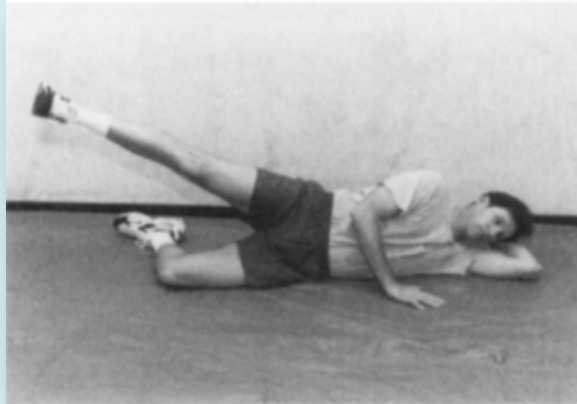
Exercise 11. Straight Leg Raise

Lie on your back with the palms of your hands flat on the floor beside your hips. Your right leg is straight, your left leg is bent, and your left foot is on the floor. Keep your right knee straight as you lift it to the position shown below, then return it to the floor. Do this eight times, then repeat on the other side.



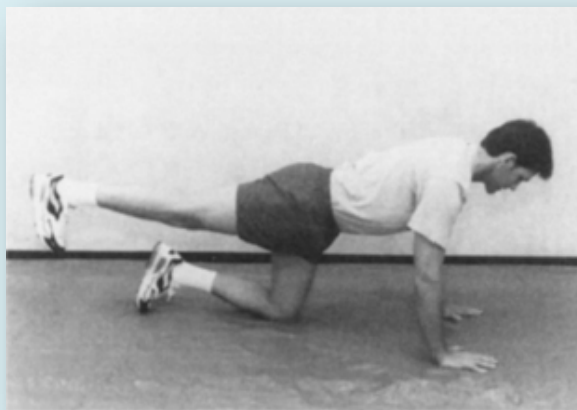
Exercise 12. Abduction

Lie on your side with your unaffected hip up, your body in a straight line. Lift your unaffected leg as high as you can, as shown below, then slowly return it to the starting position. Do eight of these on each side.



Exercise 13. Extension

Assume a balanced position on your hands and knees. Then lift your right leg out behind you until your leg is parallel with the floor, as shown below. Return to the starting position on your hands and knees. Do eight on each side.



After your ten minutes in water and ten minutes on land, you will probably feel your hip moving more smoothly and with a greater sense of ease. You have just discovered an important truth: Movement heals.

Copyright © 2015 by Lynda Huey

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.