

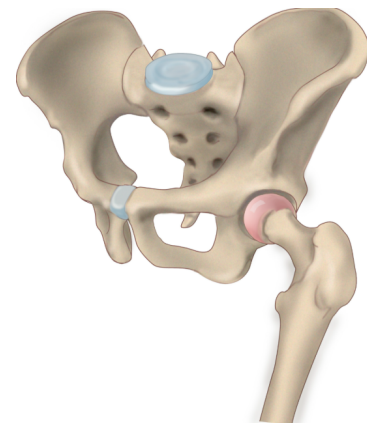
Hip Pain

Why it happens, and how we help

Hip pain is common, and often very treatable. "Hip pain" can mean a lot of things, pain in the groin, the side, or the buttock. **Most hip pain is not a surgical issue, and often responds very well to the right rehabilitation.**

A quick look at the hip

The hip is a deep, sturdy ball-and-socket joint built for both stability and movement. Powerful muscles around the hip and pelvis, and the way it shares load with your **low back and the rest of your leg**, keep it moving smoothly. When that system is irritated or overloaded, the hip can become painful.



The hip: a deep ball-and-socket joint, next to the low back and SI joint.

Sometimes the hip isn't the source

Pain felt around the hip **doesn't always come from the hip joint**, it can be referred from the low back, the SI joint, or nearby muscles. That's why we examine you rather than letting an image decide. Imaging findings are common in people with **no pain at all**, so a scary-sounding label doesn't necessarily mean surgery.

How we sort it out

- 1 **We examine it.** A hands-on assessment of how your hip moves and loads, and a check of the back and pelvis, tells us far more than a label does, and helps flag the small number of problems that truly need a surgeon.
- 2 **We image only if it will change the plan.** Scans aren't routine. We use them when your exam suggests they're needed, not just to put a name to the pain.
- 3 **If it's not surgical, we rehab it.** Most hip pain responds to **strengthening the hip and pelvic muscles**, restoring movement, and addressing limitations nearby, like a stiff back or limited core support, that quietly add to the load.

A GREAT PLACE TO START

For most hip pain, guided rehabilitation is the recommended first step, and it works well.

Some hips do need a surgeon, and when yours is one of them, we'll tell you and refer you promptly. But for the majority, conservative care is a smart, effective place to begin, and we can help you find out what you're dealing with.



When hip pain needs prompt attention

See a provider promptly for hip pain that follows a **significant injury or fall**, an **inability to bear weight** or move the leg, **sudden, marked weakness or numbness**, or signs of infection like **fever, redness, or warmth**.

The takeaway: most hip pain is manageable without surgery. We can figure out whether yours is a surgical issue, or coming from somewhere else, and if it isn't, help you rebuild a strong, comfortable hip.

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