

Hip Pain Causes and Treatments

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The hips are some of the most common locations for people to feel pain. There are a number of ailments which could be responsible, but fortunately, most of them are treatable with minimally invasive chiropractic methods. Many of them also involve the soft tissues surrounding the hip socket and can be treated with stretching, electric muscle stimulation, cold laser therapy, and other treatments commonly available in chiropractic offices in addition to adjustments. However, patients should not minimize their hip pain or think that it will not have consequences for the rest of the body. A problem in the hip can throw off the whole spine, and a problem in the spine may be felt in the hip.

Sciatica: Burning, Sharp Pain

When a patient complains of hip pain, a chiropractor will need to determine whether the problem is in the hip structure or the result of a pinched nerve in the spine. Pinched nerves in the lower back can result in sciatica, the compression of the nerve which runs from the spine to the foot. The patient may feel tingling or numbness in the hip and thigh as well as pain. It is often caused by a herniated disc and is treated with adjustments.

Wear and Tear

If sciatica can be ruled out, there may be something wrong with the hip's soft tissues. Often, the problem is osteoarthritis, a degenerative condition in which the cartilage in joints wears away. This causes the bones to rub uncomfortably against each other or other tissues, which become inflamed. While degenerative diseases cannot be reversed, they can be slowed through lifestyle and nutritional changes. Chiropractors commonly recommend that patients with wear-and-tear injuries switch to a low impact form of exercise, such as aquatics. However, it is also possible for the hips to simply be overused, which is more commonly the case with young athletes in high-impact sports. Athletes are advised to replace old shoes that are no longer properly cushioned and to do exercises which will strengthen other muscles, relieving some of the pressure on their joints.

Bone Problems

Sometimes, there is an issue with the bones of the hips. In rare cases, children get Legg-Calve-Perthes disease, in which the femur head breaks from lack of blood supply and needs to be held in the socket until it heals. Older people are prone to breaking their hips more often due to their poorer sense of balance and high rates of osteoporosis. Chiropractors can assist these patients' rehabilitation by stretching their soft tissues to keep them strong and limber, determining individual exercise regimens, and coordinating plans for therapeutic massages with other health practitioners.