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RELIEF FOR RADIATING HIP PAIN



ARE YOU LIVING WITH NAGGING HIP PAIN? ZENITH PHYSIOTHERAPY OFFERS SEVERAL TRIED AND TRUE METHODS OF RELIEVING THIS CONDITION.

Why Do My Hips Hurt?

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is a common complaint and is consistent with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is likely due to a problem with the muscles or soft tissues surrounding the hip joint.

Having a limited range of motion in the hips often alters movement and mechanics throughout the lower extremities. Pain and weakness can further reduce the range of motion and change the way you walk

Some common causes of hip pain include:

- Rheumatoid arthritis
- Tendinitis
- Hip fractures (common with age, but can also be the result of a fall)
- Bursitis
- Tendon or muscle strain

Getting relief from hip pain doesn't necessarily involve the use of heavy drugs such as opiates or surgery. Physiotherapy can improve your joint function while also easing your pain and stiffness.

How Can Physiotherapy Help?

At your first appointment, your therapist will do a full body assessment. From there, they will create a treatment regimen specific to your hip pain and restore your normal joint mobility, strength, and gait.

Your plan may involve exercises such as:

- Hip flexion, extension, or abductor exercises
- Mini-squats
- Heel-to-buttock-exercises
- Hip rotations
- Step exercises
- Hamstring curls
- Leg lifts
- Knee lifts

Even basic activities like walking can help maintain mobility and relieve discomfort in your hips. To help correct your musculoskeletal balance, our team of physiotherapists and chiropractors may offer heat/ice therapy, ultrasound therapy, massage therapy, laser therapy, or orthotic footwear.

We have years of success in helping patients find relief from hip pain. Our goal is to help you move with comfort and ease. Call Zenith Physiotherapy today to schedule an appointment!

Unit 309, 800 Yankey Valley Blvd. • SW Airdrie • 1-403-879-8178 • zenithphysio.com

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We can't wait to see you!



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about our
CHIROPRACTIC
SERVICES

**Zenith Physiotherapy and
Wellness Clinic**

Unit 309, 800 Yankey Valley Blvd.
SW Airdrie

1-403-879-8178



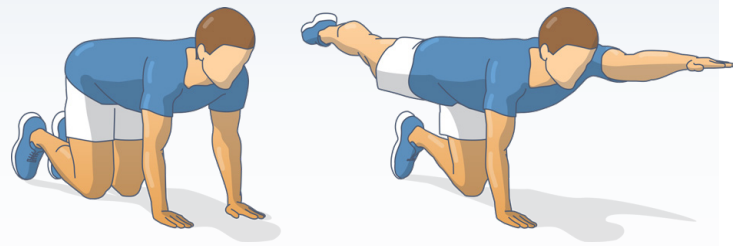
Office Hours:
Monday - Friday: 8 AM - 8 PM
Saturday: 9 am - 2 PM
Sunday: Closed
Statutory Holidays: Closed

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Exercise Essentials

Bird Dog 4-Point Arm & Leg Raise

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Perform 10 repetitions and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.



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WATERMELON CUCUMBER LIME REFRESHER



Ingredients

- Per each serving
- ½ cucumber, diced
 - 3 cups watermelon, cubed
 - 2 limes, juiced

Directions: Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Reserve the pulp to make pulp muffins!)

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