



East Gosford  
Physiotherapy  
& Exercise  
Physiology



# OUR PHILOSOPHY FOR PROVIDING A SOLUTION TO HIP PAIN

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## The Problem

Pain over the outside of your hip which stops you sleeping is very common. The first treatment approach is often an injection into the bursa.

We often see people who have had multiple hip injections and taking medication but they still can't sleep on their side and hip pain is stopping them doing their normal activities.

The diagnosis of the cause is essential, and if you are tender to touch over the lateral point of your hip bone, you most likely have a gluteal tendinopathy and bursitis. Your physiotherapist will assess to see if you also have arthritis in your hip. **Gluteal tendinopathy** can feel a bit like you have hip arthritis, however as treatment for each condition is very different, clarification of the cause of your pain is important.

**Gluteal tendinopathy** is very common in people over 50 and we now know is caused by chemical and cellular changes in the tendon, which joins one of your gluteal muscles to the hip bone. Because it sits over the bony prominence on the outside of your hip it compresses easily. New research has taught us that "tendon compression" is unhealthy for tendons and can cause pain and weakness.

A quick test is to try and stand on one leg and balance for 30 seconds with a "level pelvis". If you can't do this and you have pain over the outside of your hip, especially at night, there is a good chance you have a gluteal tendinopathy.

Unfortunately these don't get better by themselves and can often persist for months or years until you have it treated correctly.





**East Gosford Physiotherapy** has developed a Gluteal Tendinopathy Management programme which involves some lifestyle changes like not sitting cross legged and supporting your hip at night and an exercise programme to really solve the problem.

It is important to diagnose and treat the problem correctly and not just treat the symptoms.

**East Gosford Physiotherapy and Exercise Physiology** takes this approach and will help you to achieve a solution, NOT just a quick fix.

## THE FIRST PART OF THE SOLUTION.

- We will assess you and diagnose the problem.
- We will then provide you with acute treatment to “Remove Your Pain.”
- This is often massage, hip mobilisation and some isometric exercise which we know reduces pain.
- The pain can improve quickly once you stop postures and activities which are making it worse (lifestyle changes) and we will clearly instruct you with a plan.
- The bursa is normally involved, so treatment aimed at this will make you feel better (cortisone injection). BUT we know if there is a co-existing gluteal tendinopathy then your pain will not be resolved until you deal with some of the issues causing the problem, like hip and core weakness and poor posture.



If you have been through this before, you will know how great it feels when your pain goes away. BUT you may also know that feeling of disappointment when the pain comes back (often quickly with a simple movement or posture!)

So, if you have not changed any of the factors in your lifestyle that may be causing your pain, it is not surprising that your pain reoccurs.

We also know your hip muscles become weak with imbalance and pain and don't spontaneously correct when the pain settles.

Your hip and pelvic muscles can remain weak and vulnerable if you are moving incorrectly! Your pain will reoccur.

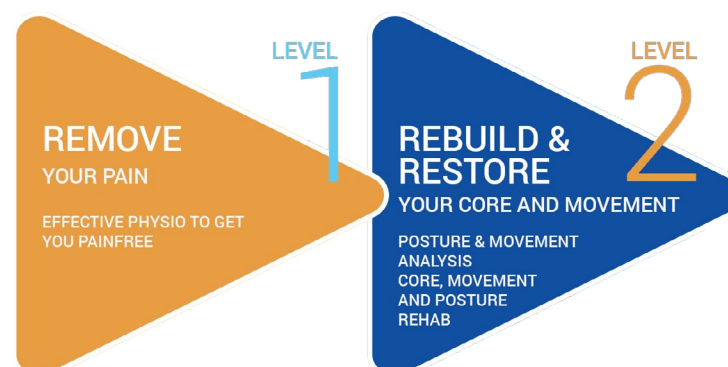




# The Long Term Solution:

Once we have started treating the pain and advising you on a plan to stop it reoccurring, we need to deal with your underlying movement and postural issues so we can identify the problems and eliminate them.

We do this with a **Posture and Movement Analysis**. Your physiotherapist will use cutting edge technology and screening tools to look at “how” you are moving.



This will help your physiotherapist advise you on what you need to do to Rebuild & Restore your core, hip muscle control and posture. If we remove your pain but not change the factors which put you into pain, like poor core stability, poor postural habits or poor movement patterns and weakness, we would be doing you a disservice. This process of removing the pain and rebuilding and restoring your core and movement will make you feel great.

## Prevention/Strength & Improved Performance – Staying Motivated

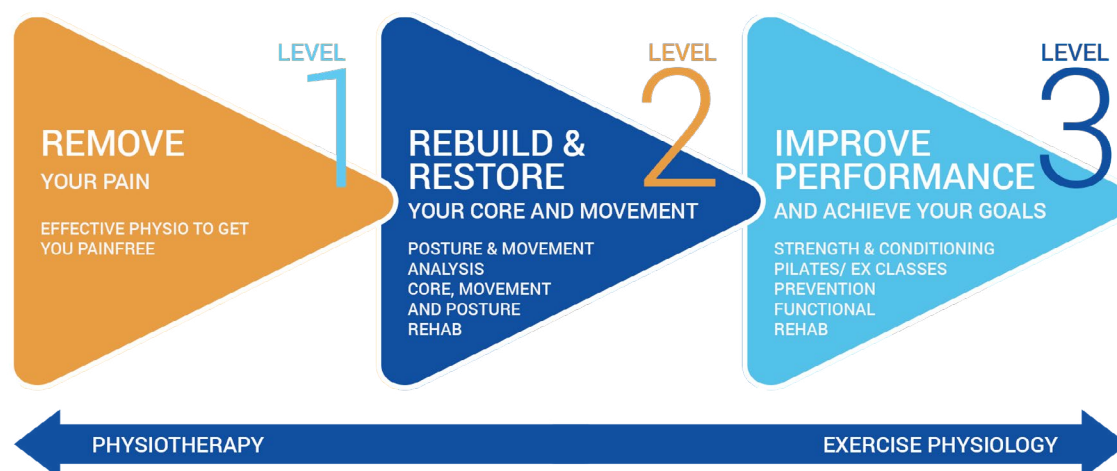
Feeling great can often lead to a loss of motivation to continue with the preventative aspect of the programme as we further improve your performance and help you achieve your goals.

Your physiotherapist will use the **Posture & Movement Analysis** to help develop a pathway for you to achieve the goals you mutually agree upon. This pathway document is something unique to you and your condition and it shows where you have come from (pain) and shows where you are heading (improved performance, without pain) by achieving your goals.

This pathway document can be very helpful to keep you motivated whilst you continue to work on strength and conditioning.

This is Level 3 of your pathway and is often managed by our highly trained **Exercise Physiologists**.

Your **Physiotherapist** will provide you with options of how you would like to move into Level 3 of our **Hip Pain & Performance** programme. This may involve individual or group exercise to encourage you to continue with a self-management plan or a home programme.



**Ask your Physio if you are ready for our Posture & Movement Analysis**, so we can design a programme to individually **Rebuild & Restore** your hip and leg movement, strength and function.

## In Summary

We hope you can see that our Pain to Performance philosophy does more than just get you pain free. It keeps you pain free.

By developing exercise habits and an “exercise for life” mentality, you can be confident that you have beaten your pain and can get back into the life goals you have set for yourself and improve your performance in these life goals.

Good luck and .....What are you waiting for?

Grab hold of that goal you have set for yourself and enjoy life once again.

