

Backtogether

PHYSIOTHERAPY



Merry Christmas

Yet again Christmas has sprung upon us. The dark nights are here and twinkly lights are adding excitement.

This newsletter touches on hip pain and some causes. We are gradually adding to our information section on our website (under the page -more about us) do have a look.

If there are any topics you would like us to cover then please let us know and we can share our knowledge.

Contacting us

Our booking line can help make or change appointments for you, and they will also pass messages on to us-

01428 609975

Email is great too-

backtogetherphysiotherapy@gmail.com

The mobile number is being phased out as the signal is terrible at work and home.

Our Team

It really does 'take a team' and we are so lucky at Backtogether Physiotherapy to have such a fabulous one.

The team has evolved over the years.

Backtogether was initially started by Jane in January 2004, and the name was created

by Jane and her friend Helen. Helen sadly died later that year so the name 'Backtogether Physiotherapy' is a special way to remember her by.

Since Jane had her son, a few lovely physio's have come and sadly gone. Most of the current team has been together for a number of years and are all fantastic. We support each other, learn together and are all friends as well as colleagues.

Any member of our amazing team will do whatever they can to help or assist you.

Jane - Physio & Pilates

Ruth - Physio & Pilates

Katie - Pilates

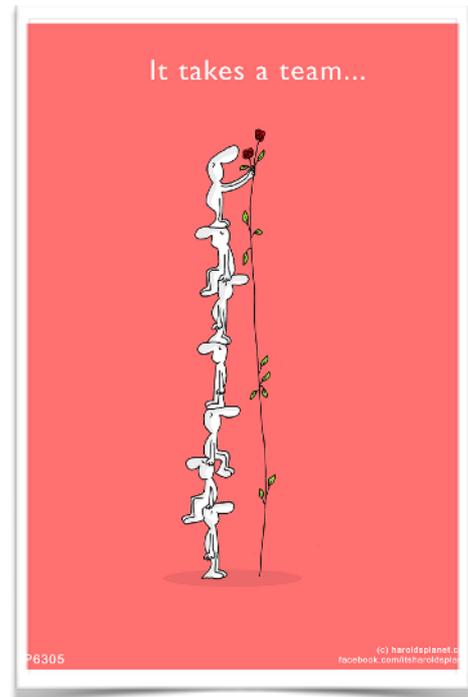
Manuela - Pilates

Alan - Physio

Sarah - Pilates

Louise - Administration

Mary-Lou - Administration





Hip Pain

Hip pain is very common, especially in the older generation.

The hip is a ball and socket joint, designed to carry the weight of the body whilst also allowing a large amount of movement. The hip is designed to withstand a fair amount of wear and tear as it is involved in constant large range weight bearing activity.

A layer of cartilage cushions the joint, preventing friction, and improves the congruency of the joint. The joint's stability is increased by the surrounding ligaments and muscles that do an excellent job at stabilising and mobilising the joint.

Unfortunately with time and use, the cartilage can degenerate or become damaged, the joint surfaces can suffer and the hip can subsequently suffer from arthritis. Trauma, overuse and biomechanics can also affect the muscles and ligaments. Fractures can be common after falls.

A few conditions that cause hip pain are:

- **Femoroacetabular impingement** – this is when the hip and socket rub together due to abnormal shaping.
- **Arthritis** – commonly Osteoarthritis (Rheumatoid arthritis is a systemic inflammatory condition diagnosed usually by

blood tests and x-rays, and is controlled by medication through your doctor). Osteoarthritis causes degeneration of the cartilage and joint surfaces, leading to pain and progressive stiffness of the joint. The pain from an arthritic hip can travel in to the groin or even down to the knee. Diagnosis is through examination by your Physiotherapist or GP and confirmation by X-ray. Physiotherapy is usually the first line of treatment and can increase range of motion and reduce pain. In the long term hip replacements may be required if the degeneration is bad.

- **Fractures** – usually following a fall, but occasionally the trauma can be minimal if osteoporosis is present. If you suspect a fracture you need an x ray for diagnosis. These require treatment at hospital followed by Physiotherapy rehabilitation.

- **Bursitis** – the fluid filled sacs called bursae are present to protect muscles and joints from rubbing and over use. They can become inflamed and swollen. These may be treated by Physiotherapy or cortico steroid injections.

- **Pain referral** – it is common to have pain referred from the back in to the hip region. You need assessment and treatment by Physiotherapist.

- **Muscle or tendon strain** -repeated activities can put strain on the muscles, tendons and ligaments that support the hips. When these structures become inflamed from overuse or an injury they can cause pain and prevent the hip from functioning normally. Physiotherapy treatment is required if they don't settle quickly on their own.

Some ways to manage hip pain initially at home:

- Lose weight- if you're over weight it will increase the pressure on your hip
- Wear supportive flat shoes and avoid prolonged standing
- Do some hip and gluteal stretches
- Avoid activities that make the pain worse
- Consider seeing a Physiotherapist for investigation, treatment and exercise
- See your GP if you have fever with the hip pain, if your hip pain occurred after a bad fall, if you are unable to weight bear or move your leg, or if you leg is deformed or badly bruised / bleeding.

For more information on hip pain and how to manage it:

www.backtogether.co.uk

more about us / news and info

Elstead, Springfield Surgery

Farnham Dene Medical Practice, Lower Bourne

Badgerswood Surgery, Headley