



COMMON SOURCES OF HIP PAIN

— and What We Can Do About Them!

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Have you noticed a persistent discomfort in your hip? Is impaired hip mobility making it difficult for you to handle day-to-day tasks? Hip pain isn't something you have to live with. But to resolve your pain, you'll need to identify why you're experiencing pain in the first place.

At Carolina Prime, our team of musculoskeletal experts can help you determine the root cause of your hip pain. Whether it's an underlying injury or a chronic condition like arthritis, we'll get you the answers you need — and the relief you deserve!

Today, we want to explore some common causes of hip pain and give you some insight into how physical therapy can help. But if you're currently dealing with hip pain, your best bet is to call us to schedule an initial consultation. Our team can give you personalized guidance to return to an active, healthy lifestyle!

WHY DO MY HIPS HURT? COMMON HIP INJURIES AND CONDITIONS

Osteoarthritis (OA): If you're an older adult, your hip pain might stem from osteoarthritis, which occurs when the cartilage in a joint starts to degenerate. The hips are one of the more common locations for OA. Symptoms include...

- Pain in the hip and/or groin
- Stiffness in the hip joint, especially after you haven't moved it for a while
- A sense of weakness in your legs

Hip Impingement: Your hip is a ball-and-socket joint. When the ball part of the joint pinches up against the socket part, you can develop hip impingement. It's most common in young, active people. Watch out for...

- Pain in the hip joint and discomfort elsewhere in the general area (groin, thighs, lower back)
- Sharp stabbing pain when using your hip (i.e., squatting, running, etc)
- Symptoms that gradually develop over time

HIP IMPINGEMENT



PINCE

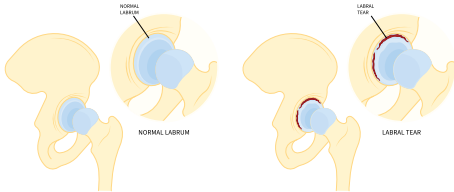
CAM

COMBINED

Hip Labral Tear: Your labrum is a ring of cartilage that protects your hip socket. A labral tear occurs when that cartilage tears, often due to overuse or a hip impingement. Symptoms include...

- A persistent, dull ache that feels like it comes from deep inside your hip
- Sharp, stabbing pains when using your hip
- Clicking or popping sounds when using your hip
- A feeling of instability in the hip

HIP LABRAL TEAR



Hip Strain: A hip strain occurs when the muscles or tendons that support your hip joint become damaged. Your exact symptoms will vary somewhat based on the severity of the strain, but in general, you can expect...

- Pain, especially when using the affected muscle
- Swelling
- Limited range of motion
- Muscle weakness

Hip sprains can also occur, but they tend to be rare. A sprain affects the ligaments in your hip (the tissue that connects the joint). Symptoms are similar to a strain, but you might also experience a sense of the joint buckling under your weight.

WHAT WE CAN DO TO ADDRESS YOUR HIP PAIN

Of course, identifying the cause of your hip pain is only the first step in addressing it. Once we know *why* you're experiencing pain, we can develop a personalized treatment plan for your needs.

STAFF SPOTLIGHT

WILL ALTEMUELLER

PHYSICAL THERAPIST



My name is Will Altemueller, and I am a PT at Carolina Prime Physical Therapy. I am originally from Roaring River, NC and went to Elkin High School where I played both baseball and football. I went on to complete an Exercise Science degree at Pfeiffer University. While there, I played four years of collegiate baseball as a left-handed pitcher.

After undergrad, I went to Wingate University where I completed my Doctorate of Physical Therapy before getting licensed in January of 2024. I enjoy lifting weights, running, and spending time outside when the weather is nice. I am really interested in sports-related injuries and overall sports performance for athletes. I'm excited to join the Carolina Prime family and hope to serve our community for many years to come.

If you've suffered a hip injury, we'll guide you through rehabilitation. Sometimes, physical therapy alone is enough to resolve the injury; other times, you may need medical intervention. Either way, here's what you can expect:

- Drug-free pain management techniques (such as manual therapy)
- Early mobility work to help improve your range of motion
- Exercises to restore strength and stability
- Targeted balance and gait training
- Activity-specific training (especially if you're an athlete)

If you've developed osteoarthritis, we can help you manage your symptoms and delay the progression of your condition. OA doesn't have a cure, but physical therapy is considered a frontline treatment to help you avoid a total hip replacement. Your treatment plan may include...

- Manual therapy to help reduce pain and improve mobility
- A personalized exercise program to help you stay active (regular exercise is one of the best ways to manage osteoarthritis)
- Balance and gait training to help reduce your fall risk
- Activity modifications and other strategies to help you manage discomfort throughout the day

No matter the reason for your hip pain, the Carolina Prime therapists will find a solution that works for you. Call us today to schedule an appointment to get started on your journey to hip pain relief!

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DON'T IGNORE YOUR JOINT PAIN!



You notice a faint twinge in your hip whenever you squat down. It's not severe, and it goes away once you stand back up. No big deal, right?

But then you start to notice the pain more frequently, like when you go for a run or work in your garden. It's also started to get worse. Suddenly, you're not so sure you can just ignore it.

This scenario probably sounds familiar. Most of us have ignored pain at some point in our lives. And sometimes, the pain does go away on its own. But there are circumstances when you shouldn't ignore joint pain. In those situations, schedule an appointment at Carolina Prime.

WHEN JOINT PAIN REQUIRES ACTION

Here's a handy checklist to let you know when you should visit our physical therapists to get your pain checked out:

- Your pain results from an obvious injury
- Your pain is severe enough to affect your day-to-day life
- Your pain is accompanied by mobility restrictions in the joint
- Your pain is constant (24/7) and doesn't subside after a few days
- You've been dealing with persistent pain for months
- You notice swelling in the joint
- Your pain is progressively worsening

Remember, joint pain is your body's way of telling you something's wrong — it's not something you have to live with, even if you're older. A consultation at Carolina Prime can get to the bottom of things and help you find relief.

Sources: <https://www.arthritis.org/health-wellness/about-arthritis/understanding-arthritis/when-joint-pain-means-its-time>

PEANUT BUTTER BANANA "ICE CREAM"

- 2 medium bananas, peeled, halved and frozen
- ¼ cup natural peanut butter
- Unsweetened shredded coconut for garnish



Place bananas and peanut butter in a food processor. Pulse and process until mostly smooth, stopping to scrape down the sides as needed. Garnish with coconut, if desired. Serve immediately.

Source: <https://www.eatingwell.com/recipe/258090/2-ingredient-peanut-butter-banana-ice-cream/>

Patient Success Story



They were fantastic! Everyone there was so kind helping me recover from my hip replacement last year. I'm getting the other hip replaced this year, and I am so happy they will be helping me again. Everyone there knows what they are doing and are so helpful."

— Mary B.

REVIEW US!

Your success story could be the inspiration someone else needs to improve their life by seeking PT!

Google
Reviews ★★★★★



Scan the QR code to go to our Google review page!

Don't let pain keep you from what you love doing!

Come Back to PT!
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