

A person wearing a pink shirt and black leggings is running on a paved path with greenery in the background.

UNDERSTANDING THE HIP

*Understand your injury.
Know your next steps.*

Anatomy of the hip

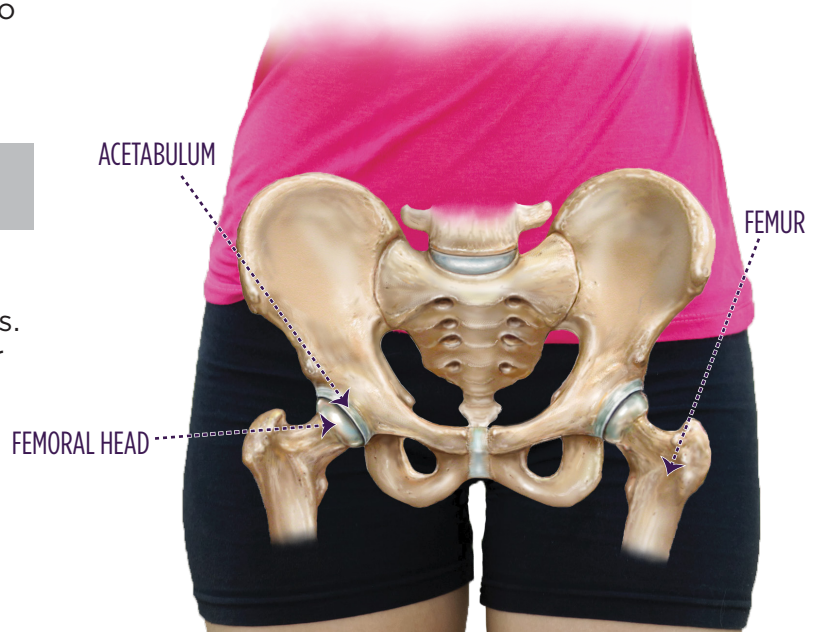
The hip is classified as a ball and socket joint. The ball portion is the rounded head of the femur (thigh bone), while the socket is the shallow cup called the acetabulum. These surfaces are coated in articular cartilage, which is a smooth, gliding surface. The joint is surrounded by a capsule or lining that provides support. Finally, the muscles and tendons move the hip through various ranges of motion. There are bursa sacs located throughout the muscles and tendons that help lubricate these surfaces. Each structure works together to provide hip stability and range of motion necessary for activity.

How is this diagnosed?

A discussion of your symptoms, a physical examination, and X-rays are useful for a diagnosis. Your specialist may recommend having an MRI or CT scan as well.

What are the symptoms of an injury?

- >> Pain in the groin and during the night
- >> Painful clicking and/or popping
- >> Pain and/or weakness with certain movements
- >> Possibly pain that radiates into the thigh
- >> Inability to bend at the hip



For expert advice on how to stay healthy and active, visit summitortho.com.



APPOINTMENTS (651) 968-5201

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What are the treatment options? What does my specialist recommend?

Your hip specialist has developed a treatment plan based on your specific situation. His or her recommendation, for you, has been selected from the treatment options below.

	TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/>	ANTI-INFLAMMATORY MEDICATION	Over the counter medications such as Aleve, Advil, Motrin, and aspirin can be used to help reduce swelling and pain.	Pick up medication, and start regularly taking it as your doctor recommends
<input type="checkbox"/>	INJECTIONS	A cost effective alternative to surgery. Medication is injected directly into the joint in the specialist's office.	Set up an injection appointment: (651) 968-5201
<input type="checkbox"/>	PHYSICAL THERAPY	A therapist will work with you to improve core and gluteal strength and to teach proper hip mechanics.	Set up a physical therapy appointment: (651) 968-5600
<input type="checkbox"/>	WELLNESS	Start with a free wellness consult to explore your goals and what tools are available to you.	Set up a wellness consultation: (651) 968-5766
<input type="checkbox"/>	INTEGRATED PHYSICAL THERAPY AND WELLNESS	Our team of physical therapists, performance specialists, and registered dietitians works collaboratively with you in designing an integrated rehabilitation plan that will help you reach your full potential.	Set up an integrated consultation: (651) 968-5766
<input type="checkbox"/>	SURGERY	If you fail to improve after nonsurgical care, your specialist may wish to intervene surgically. Your specialist can discuss the details of the surgery with you should it become necessary.	Set up surgery appointment: (651) 968-5201

NOTES

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