



Hip Pain

SYMPTOMS

- Pain along the lateral (outside) of the hip
- Pain when ascending stairs and/or getting up from a seated position
- Pain associated with standing for long periods or for sitting for extended periods
- May have trouble sleeping
- May have limited range of motion of the hip

DEFINITIONS

ILIOTIBIAL BAND SYNDROME

- An inflammation where the band rubs across the distal (lower portion) lateral femur
- Pain is felt along the outer side of the hip and also possibly the knee

TROCHANTERIC BURSITIS

- Inflammation of the bursa along the outside of the hip
- Mechanical imbalance in the lower extremity due to poor foot mechanics

PIRIFORMIS SYNDROME

- A spasm or tightness of the piriformis muscle in the buttocks that can irritate the sciatic nerve or impinge the sciatic nerve
- May be caused by poor mechanics of the foot and lower extremity

HAMSTRING STRAIN

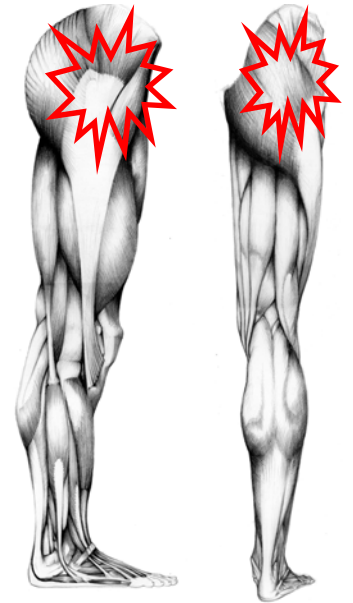
- A muscle imbalance or overload of the hamstring muscle which strains the muscle
- Pain is located either in the buttocks or in the “belly” of the muscle in the back of the thigh
- May feel tear or pop in severe cases

HIP FLEXOR STRAIN

- Overload or overuse of the muscle in front of thigh and hip such as climbing stairs, marching or uphill running
- There may be a limp and shortened stride
- Mechanical imbalance in lower extremity

EXCESSIVE PRONATION

- Pronation (a flattening of the arch) is a normal movement of the foot that helps the body to absorb shock and to adapt to different ground surfaces.
- In analyzing one's gait, first contact is on the heel and outside of the foot; followed by a shift of body weight continuing forward, toward the arch and toes.
- If the foot is weak or tired and/or the footwear is not supportive, then the arch can flatten more than normal, which is excessive pronation.
- If the pronation becomes excessive, there is increased rotation of the leg, knee, thigh and hip, causing added stresses to the joint.
- Flattening of the arch too much (excessive pronation) places pressure on the arch, and on up the chain including the ankle, knee and hip.



CONTRIBUTING FACTORS

- Poor flexibility
- Muscle imbalances
- Leg length discrepancies
- Tightness of IT Band/Tensor Fascia Latae
- Flattened pronated feet
- Poor support of shoes you wear and /or the support inside the shoes can add to the stress on the foot and lower extremity
- Biomechanical changes in the foot can allow increases in pronation
- Many foot injuries are caused by overpronation

TREATMENT – ADVICE GIVEN MOST OFTEN IN CURRENT LITERATURE

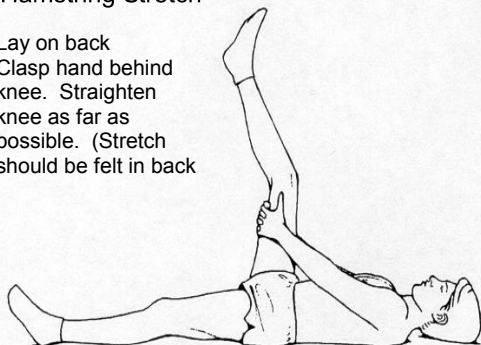
The **3S's** — **Stretching, Strengthening and Supporting**, along with ICE and REST, have been found to be the simplest and most effective treatment for these injuries.

- **Stretching** of the IT Band, Hamstring, Quad and Psoas Major can help to decrease and eliminate many of the problems.
- **Strengthening** of the muscles of the abdomen, quad and hip can assist in avoiding problems.
- **Supporting** the foot with proper shoes and insoles, can prevent or eliminate the vast majority of stresses on the lower extremity. This may be a Birkenstock sandal, with a broad base and contoured footbed, that is low to the ground and conforms to the foot. It may also be a shoe with an upper that wraps the foot and supports the arch and heel, thus limiting excessive pronation. The vast majority of footwear have more than enough cushion but very little support for the arch and heel. One of the easiest and most effective solutions is to add a simple over the counter insole that provides a forgiving support for both the arch and heel.

THE FOLLOWING ARE A FEW HELPFUL EXERCISES. CHECK WITH YOUR DOCTOR FOR SPECIFICS ON YOUR CONDITION AND WHAT YOU SHOULD OR SHOULD NOT DO FOR YOUR PROBLEM

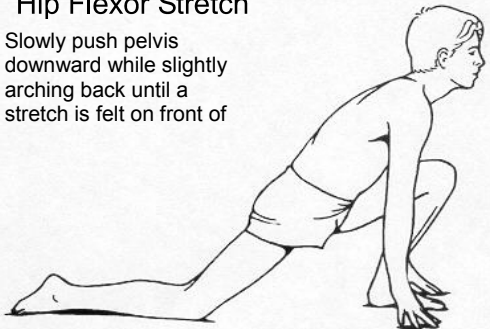
Hamstring Stretch

Lay on back
Clasp hand behind
knee. Straighten
knee as far as
possible. (Stretch
should be felt in back



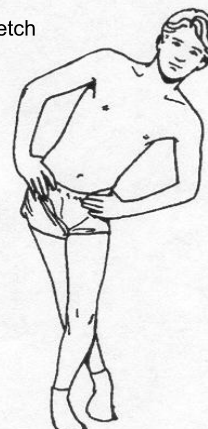
Hip Flexor Stretch

Slowly push pelvis
downward while slightly
arching back until a
stretch is felt on front of



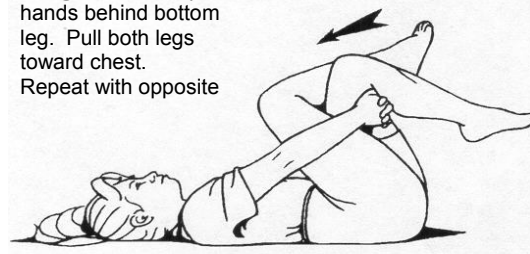
Iliotibial Band Stretch

While standing,
cross left leg in
front of right.
Bend to the left
at waist. Repeat
sequence with
opposite leg.



Piriformis Stretch

Cross right leg over
left @ knee. Clasp
hands behind bottom
leg. Pull both legs
toward chest.
Repeat with opposite



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