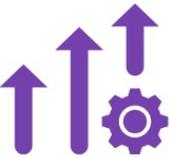


HIP PAIN

WHAT TO KNOW

- 1 DO NOT PANIC!** Hip pain is common and often improves with movement and strengthening.
- 2** Your hips are strong joints designed for movement and load.
- 3** Exercise is SAFE for your hips and helps improve strength, mobility, and tolerance.
- 4** Activities like walking, stairs, or sitting may feel sensitive, but that does not mean damage is occurring. Think: "SORE but SAFE."
- 5** Consistent activity and strengthening help the hip become more resilient over time.

WHAT TO DO

- 1**  Keep the hips moving. Regular activity helps reduce stiffness.
- 2**  Strengthen the hip muscles. Strong glutes and hip muscles support movement and reduce strain.
- 3**  Modify activity temporarily if needed. Adjusting load can help manage symptoms while staying active.
- 4**  Experiment with movement. Cycling, walking, or strength exercises are often helpful.
- 5**  Progress gradually. Increasing load slowly allows the hip to adapt and improve.

Visit us or call at
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to schedule

