

ASK YOUR PHYSICAL THERAPIST

My Hip Is Painful And Causes Me To Limp, Do I Need A Hip Replacement?

Well, first of all, it depends on how old you are. If you are under 60 years old, most surgeons will exhaust all other options before recommending a hip replacement. This is the case due to the fact that if you are younger than 60, it is likely that you will outlive the lifetime of the hip replacement and would need another.

It would need to be determined that the pain you are having in the hip is actually coming from the hip. For instance, the pain you are having in your hip could be coming from your low back. If there is pressure on a disc or nerve root in your lower spine, this can cause pain to radiate to your hip. Actually, when this happens, sometimes you have no pain in your back at all and only notice the pain in the hip (despite the fact that the pain is coming from your back).

Also, the pain in your hip could be the result of a muscle pull or strain of a muscle or muscles surrounding your hip and / or buttock – which of course would not require surgery. In addition, there are other reasons for hip pain as well, stress fracture, a tear in the tissue that connects the ball of the hip to the hip socket (called the labrum). Tightness of the hip joint capsule (tissue overtop the labrum that surrounds the hip ball and socket and keeps the hip joint in place and keeps the hip ball and socket from becoming unstable).

So... how in the world do you figure out what is actually going on in the hip to determine whether or not you need a hip replacement??

The expert Physical Therapists at Cardin and Miller Physical Therapy are trained to perform an evaluation on you in which they check your range of motion and strength surrounding the hips, legs and core. In addition, special tests are performed by the experts at Cardin and Miller that help us determine the cause of your pain. These special tests tell us the cause of the hip pain...stress fx? Muscle strain? Severe arthritis that requires surgery? Etc.

Often times, even if you have hip joint arthritis, stretching the hip joint capsule as well as stretching and strengthening the muscles around the hip can reduce the hip pain and improve function enough to allow the patient to avoid hip replacement. Following evaluation as mentioned above, your expert Physical Therapist at Cardin and Miller will be able to tell you if you are a candidate for PT vs. a surgical candidate instead.

If you are having trouble:

- Walking without a limp
- Sitting in chairs or to drive
- Climbing stairs due to hip pain
- Getting back to exercising and doing the things you love

Then **CALL** Cardin and Miller Physical Therapy **TODAY** to schedule your **FREE SCREEN – 245-0400** so that one of our experts can help you resolve your hip pain or guide you to what will!

Feel free to email me with any questions you may have regarding this column or if you have any questions you would like me to answer: smiller@cardinmillerpt.com

Steve Miller PT, C.Ped is the owner of Cardin and Miller Physical Therapy and his column “Ask Your Physical Therapist” appears biweekly in the Sentinel and on-line at [cumberlink](http://cumberlink.com) in the thrive section