

## How Chiropractic Can Help Hip Pain From Osteoarthritis



### Chiropractic Care For *Hip Pain*



**Nachmias  
Chiropractic**

There are many reasons for having pain over the hip; one of the most common reasons is referred pain from the back. Osteoarthritis of the hip joint is a problem affecting mainly older people and is the most common disease affecting the hip joint, with 25% of women and 15% of men experiencing symptoms over the age of 60 years.

Previous trauma, such as fracture, dislocation or diseases of a joint often predisposes it to osteoarthritic change. You are also more likely to get it if you have a family history of the disease and you are more at risk if you are obese, as that puts more stress on your hips. But you can get osteoarthritis even if you do not have any risk factors.

### **What are the symptoms?**

Symptoms of osteoarthritis of the hip can vary. Your first sign may be a bit of discomfort and stiffness in your groin, buttock or thigh when you wake up in the morning.

Commonly, there is a gradual increase of pain over the side of the hip into the groin, with pain down the front of the thigh and into the knee joint. Pain over the knee can be the

main presenting symptom and the hip problem can therefore easily be overlooked. The pain is usually worse with activity, especially weight bearing activity such as walking. It can also feel worse with cold weather.

### **How Chiropractic Can Help Hip Pain**

After performing a careful physical examination and evaluating your family and personal history, Dr. Adam at Nachmias Chiropractic can work to determine the source of your hip pain. Dr. Adam will create a personalized treatment plan that could include chiropractic adjustments, exercise therapy, posture advice, stretching, massage, coordination with other health practitioners etc. The treatments will aim to reduce inflammation, relax any existing muscle spasms, strengthen weakened muscles, and improve the mobility of the joint.

***Don't suffer anymore...book your appointment with Dr. Adam Nachmias today and start feeling much better and pain free after one treatment only!***

You're welcome to call any of our offices with further questions or to book your appointment on tel:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

**Thank you and Happy Easter!**