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Top 3 Strategies to Relieve Hip Pain

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The hips are the most important region in our body that allows us to move from one place to the other. The hips effect the entire body ranging from the head, neck, shoulders, knees all the way to the feet. But when the hips are not functioning well life can be difficult. Today we are going to discuss what the top 3 reasons why our hips stop functioning properly. To often the structure of the hip is to blame but recent research indicates that as we age the hip joint becomes structurally changed in most people but that is not the cause of pain. In fact a recent study indicates that 79% of people who are not in pain when an MRI is taken of their hip show signs of joint degeneration or deformity. So that means that joint arthritis does not necessarily mean a hip has to hurt. Why is that? The answer is because the hips and the areas around the hips are not functioning (moving) properly. Today we discuss the top three areas that cause the hips to be painful and not function properly.

1 LIMITED HIP MOBILITY

The hip joint is designed to move in six main directions, forward, back, side to side, and rotate right and left. If the soft tissue surrounding the hip becomes restricted it will cause the hip to not move in that direction and the joint will become compressed. A compressed joint then losses joint space and friction increases. Friction then begins to create damage and the damage leads to inflammation. So, the key in this case is to increase the soft tissue mobility surrounding the hip joint This is done by moving the hip through the six directions that it was designed to move intentionally.

Try ***this simple video*** to move your hips in all six directions in order to restore hip motion, increase joint space, reduce friction, and relieve pain.

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2 LIMITED GROIN MOBILITY

The hip moves during every task that a human does. It is the power source for all movement. If I turn my head left and right, my hip moves. If I move my foot left and right, my hip moves. Since there is so much motion that is moving through the hip, the hip muscles must be strong enough to control the motions. If there are hip strength deficits the motion will start to damage the hip joint causing compression of the joint, friction, and inflammation. Therefore, hip strength is one of the most common deficits causing pain in the hip.

Try ***this simple strategy*** to increase the strength in your hips in all six directions the hip is designed to move into

3 LIMITED FRONT HIP MOBILITY

The average person sits 10 hours per day. Increased sitting decreases the mobility in the muscles in the front of our hips. This limited mobility causes the hips to not "load" properly during upright activities such as walking. Loading of the hips means that the hips are not strong enough to perform simple activities like walking properly. When this happens the hips begin to take on increased stresses and this leads to inflammation and pain. This can be relieved by improving the mobility in our hips so they function or move properly.

Try ***this simple video*** to increase your ankle stability in order to reduce the motion created in the hip.