



How to Manage Hip Pain?

If you do not need to see a doctor straight away, consider managing and monitoring the problem at home.

You may find it helpful to:

- Lose Weight if you're overweight to relieve some of the strain on your hip
- avoid activities that make the pain worse, such as downhill running
- wear flat shoes and avoid standing for long periods
- see a physiotherapist for some muscle-strengthening exercises
- Massage around tight soft tissues can help to relieve pain - combined with exercises

Overactivity

If your hip pain is related to exercising or other types of regular activity:

- cut down on the amount of exercise you do if it's too much
- always warm up before exercising and stretch after exercising.
- try low-impact exercises, such as swimming or cycling, instead of running.
- run on a smooth, soft surface, such as grass, rather than on concrete
- make sure your running shoes fit well and support your feet properly

(NHS, 2019)

How Can Barn Mews Help?

Massage therapy can very often be beneficial for hip pain, if not directly, then by releasing muscle restrictions in the surrounding tissue which allows for free range of motion in the joint. By lengthening muscle fibres, releasing trigger points and stretching tendons with range of motion stretches, we can improve function in the hip joint and help to reduce pain for our clients.

Our specialist therapists at Barn Mews Clinic can help by combining massage with an individualised exercise programme. Why not give us a call and see if we can help.

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