



Live Stronger, Live Longer: HIP PAIN

DISEASE BURDEN



When left untreated hip pain can lead to limping, muscular atrophy, weakness and reduced movement.



Hip pain can lead to issues in surrounding structures due to poor movement mechanics, such as low back and knee pain.



Those who live sedentary lifestyles or work office jobs are at increased risk of hip pain due to the tightening of muscles in long term, poor postural positions.

WHO ARE WE?

We are a clinic of Accredited Exercise Physiologists; with experience in musculoskeletal, neurological, metabolic, mental health conditions and healthy ageing. With over 40+ years of collective experience, we aim to get our clients moving better and feeling better throughout their lifespan.

REFERRALS

We can accept referrals and provide services under the following:

- Medicare TCA/CDM
- Aged Care Services
- Workcover
- NDIS

HOW CAN EXERCISE HELP?



Appropriate exercise enables a quicker return to full strength and pain free movement. By strengthening the joint and surrounding structures, exercise aids in the repair of injured tissue and ensures return to normal motor function. Immobilisation can cause adverse biochemical effects to occur in collagenous tissues, thus optimal loading is necessary.

WHY SEE AN EP?



Exercise Physiologists conduct comprehensive analyses based on patient history, psychosocial factors and function. This allows appropriate exercise prescription to newly injured tissue to prevent atrophy; and in chronic injuries allows us to address the root cause of pain. This enables a quicker return to patients activities of daily living and hobbies.

WHICH CONDITIONS?



As Exercise Physiologists, we can work with a variety of hip pathologies, such as (but not limited to): bursitis, strains, tendinopathies, piriformis syndrome/sciatica, IT Band Syndrome, labral tears, femoroacetabular impingement, hip replacement and osteoarthritis. We look at the hip and how it functions as part of the movement system.

Clients wishing to access a private health fund do not require a referral, however medical history and clearance provided by a GP gives us vital information.