



# QUALITY OF LIFE PHYSIOTHERAPY UPDATE

QOL Newsletter

## Upcoming Events

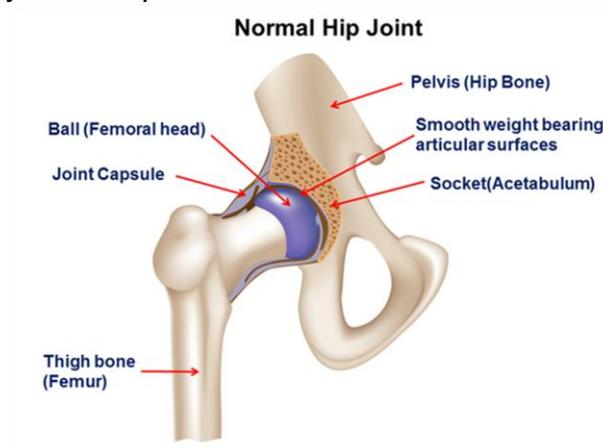
- Get up and Go Christmas Morning Tea December 16<sup>th</sup> 11:00am

Clinic will be closed for one week between Christmas/New Year.

## The Hip Joint

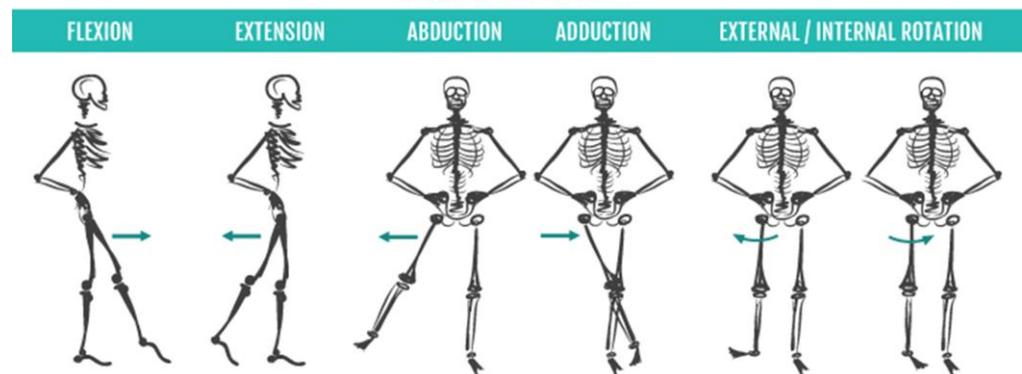
The hip joint is one of most complex joints in the body. The hip joint is integral joint in helping us move through all stages of life from crawling to walking and jumping.

The hip joint consists of the femur and the pelvis. The hip joint is held together by a complex structure of muscles, tendons, and soft tissues which gives it the hip joint ability to move in various directions.



### Movement of the hip joint

#### POSSIBLE HIP MOVEMENTS



featured on [www.sequencewiz.com](http://www.sequencewiz.com)

Hip Movement	Main Muscles
Flexion	Iliopsoas and Quadriceps
Extension	Gluteus maximus and Hamstrings
Abduction	Gluteals and Tensor Fascia Latae (TFL)
Adduction	Adductor brevis, Adductor longus, Adductor magnus.
Internal Rotation	Tensor fasciae latae, Gluteus medius, Gluteus minimus
External Rotation	Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris.

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### Hip Joint Dysfunction

Dysfunction of the hip joint can occur when the muscles or bones involved in hip movement become damaged or irritated. This can lead to inflammation, swelling and decrease mobility of the hip joint.

Pain in the hip joint can be the result of:

1. Inflammation of tendons (tendinitis) or bursa (bursitis). Bursa is like a little cushion between the tendons and the bones.
2. Hip muscle tightness, fatigue or weakness
3. Partial or complete tears of the hip muscles.
4. Arthritis
5. Back pain radiating to the hip area

Damage to the hip joint can occur due to general wear and tear, overuse (such as repetitive kicking) or trauma (falls,

dislocations, fractures).

Signs and symptoms of hip joint dysfunction

1. Pain and swelling in hip joint
2. Limited movement of hip, pain on movement or weight bearing
3. Hip movements feel weak and unstable

### How can QOL Physiotherapy help?

Diagnosis of the cause of your hip joint dysfunction is an important initial step in shoulder rehabilitation. Physical examination of hip will help to develop a rehabilitation program to improve stability, strength and function of the hip joint.

If hip joint dysfunction occurs it may be important to see a qualified professional to fully assess your shoulder. In the mean time you can:

1. Rest, use mobility aids
2. Ice/heat (which ever feels

better)

3. See a pharmacist or doctor regarding anti-inflammatory medication
4. avoid uncomfortable positions or activities that may further aggravate your hip.

Make an appointment today to see our friendly QOL Physiotherapist if you have any concerns regarding your hip joint dysfunction

### September is Healthy Aging Month!

This month QOL Physiotherapy would like to recognize Healthy Aging Month. According to [healthyaqing.net](http://healthyaqing.net). September is the month for an annual health observance designed to focus national attention on the positive aspects of growing older. This month is dedicated for providing inspiration and practical ideas for adults, ages 45-plus, to improve their physical, mental, social and financial well-being.

### Five Tips for Reinventing yourself:

1. Do not act your age
2. Be positive in your conversations and actions everyday
3. Disassociated from negative people
4. Walk in a confident manner
5. Stand up straight!

Visit [healthyaqing.net](http://healthyaqing.net) for more tips on becoming a new and improve YOU!

