



**The Hips for Life™** program at FYZICAL Therapy & Balance Center allows you to maximize your functional potential whether you have had hip surgery, being told you have arthritis, felt stiff or have pain in or about the hip. The **Hips for Life™** program identifies your individual needs and weakness through specialized evaluation, hands-on manual therapy and medical exercise. Improve your walking pattern, increase your endurance and strength. Reduce your fall risk. Love your life!

***Choose Physical  
Therapy First!***



FYZICAL is changing healthcare by focusing on prevention and healthy lifestyles. FYZICAL's "well-care" approach is improving and extending the lives of the patients they serve.

[www.FYZICAL.com](http://www.FYZICAL.com)

For more information about the FYZICAL Hips for Life™ program call

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[www.southerntherapyservices.com](http://www.southerntherapyservices.com)



**Make Your Life Better**

Less hip pain

Walk longer

Stand longer

Improve your golf game

**Don't Let Your Hip  
Limit You**

***Let the FYZICAL  
experts help you***

# The Hip: Under Diagnosed Under Treated

## Do I have Bursitis?

Lateral hip pain or pain on the outside of the hip is a common problem in middle-age or after hip surgery. There is local tenderness just behind the most prominent bone at the top of the leg.

The tenderness is often called 'Bursitis'. Recent research supports the more likely diagnosis of tendinopathy. This is a break-down of the tendon joining the muscle to the bone.

When the tendon is compressed and loaded too much it becomes painful. The classic compression position is side lying when sleeping or sitting with the legs crossed. The tendon is compressed against the bone and of course, becomes painful.

The **FYZICAL** diagnoses and evaluation includes looking at the causes of the problem not just the painful site. Treatment is effective when the combination of correct dosed exercise, manual therapy and education are used.

## I was Told I had Arthritis

Wear and tear of the hip joint can range from mild degenerative changes to severe, needing a total joint replacement. Commonly, the pain is managed with medication until the joint replacement is needed. **FYZICAL** has another option for you, treatment utilizing manual therapy, exercise and education of the condition. We have had great success treating patients with what we call Pre OA or mild Osteoarthritis. In the cases that are not severe enough to require a replacement, we can often reduce the pain and increase your ability to be active through targeted manual therapy and specific exercise prescription. Keeping you in the game longer.



## After My Total Hip Replacement

After a total hip replacement, some patients would like to have more function. Sure, the pain has gone, but they would like to be able to walk longer distances, be stronger getting out of a chair, have more exibility, return to playing golf and other recreational activities.

After surgery there is often muscle weakness around the hip and pelvis, muscle tightness, and, on occasion, leg length changes. These can a ect your ability to function to your fullest potential.

We can help you improve the way you walk, and length of time you are able to stand, reducing your risk of falling.

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