



TIP OF THE MONTH

Dealing with Hip Arthritis

The hip is a weight-bearing joint essential for movement, but arthritis or injury can turn hip pain into a daily challenge. This discomfort can make it harder to move, work, stay active, and enjoy life, but improvement is possible with the right care.

Arthritis, aka swelling of the joint, is one of the [most common causes of hip pain](#). Even as you age, advances in hip arthritis care offer effective ways to manage pain and improve mobility. Common symptoms include pain after activity or inactivity, stiffness in the morning, swelling, and a grinding sensation in the joint.

Pain Relief Strategies

Here are some effective ways to reduce hip arthritis pain and improve mobility:

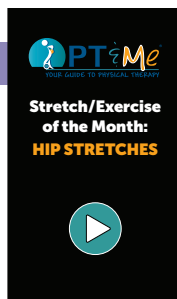
- 1. Engage in Low-Impact Exercise:** Gentle movement strengthens muscles and improves flexibility. Activities like walking on even surfaces, swimming or other water aerobics, cycling on a stationary bike, and gentle yoga or stretching routines are great options. Aim for approximately 30 minutes most days, under the guidance of your physical therapist or physician.
- 2. Maintain a Healthy Weight:** Extra weight adds stress to your hips. Eating a [balanced anti-inflammatory diet](#) with lean protein, fruits, vegetables, and whole grains can help reduce pain and slow arthritis progression.
- 3. Use Assistive Devices:** Tools like canes, walkers, or shoe inserts can reduce strain on your hips and make daily movement more comfortable and stable.
- 4. Stay Consistent with Movement:** Regular activity, even in small amounts, helps prevent stiffness and supports joint health over time.
- 5. Include Physical Therapy:** A physical therapist can create a prescribed exercise plan based on your particular strengths and limitations, while helping prevent future flare-ups.

If your doctor recommends a total hip replacement with outpatient physical therapy, explore these helpful tips for [Managing Movement after a Total Hip Replacement](#).

EXERCISE OF THE MONTH

Hip Stretches

This month we're pairing Hip Flexor Stretches with the Supine Knee Across Chest. The Hip Flexor addresses the front part of the hip, which frequently tightens in OA patients. The Supine stretch addresses the back of the hip, providing relief to both areas.



Featured Article: [Gardening Ergonomics](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Life is like riding a bicycle. To keep your balance, you must keep moving.”

— Albert Einstein

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Easy Pea Soup

This [six-ingredient pea soup](#) is an easy lunch option. Peas provide a great amount of protein & fiber, with an excellent serving of Vitamin C.



INGREDIENTS:

- 2 tbsp olive oil
- 1 medium onion (diced)
- 3 cloves garlic (minced)
- 24 oz peas (fresh or frozen, approx. 5 cups)
- 3 cups chicken broth (or vegetable broth)
- 1/2 cup heavy cream
- Salt and pepper to taste

DIRECTIONS:

1. Heat the olive oil in a large pot over medium heat.
2. Add the onion and sauté until translucent.
3. Add the garlic and cook for 30 seconds or until fragrant.
4. Add the vegetable/chicken stock and peas. Stir until boiling.
5. Reduce the heat and simmer for about 15 minutes or until the peas are soft.
6. Remove from heat, pour into a blender, and puree until smooth.
7. Return the soup to the pot. Stir in the cream. Season to taste with salt and pepper.
8. If you like, garnish with extra cream, cracked black pepper, and peas on top