



Is hip pain slowing you down?

Hip pain: A common problem

Do you run, bike, hike, or engage in other forms of exercise that leave you with nagging aches and pains that extend beyond ordinary muscle soreness?

One of the most common areas to have pain is the hip; injuries in the hip area can be complex and difficult to diagnose. If such injuries are not diagnosed and treated effectively, they can become debilitating and start affecting other parts of the body as well as your ability to engage in everyday activities.

Types of hip pain

Muscles from the abdominals, back, glutes, and upper leg connect via tendon to the two bones that comprise the hip girdle. These muscles rotate, flex and extend your torso as well as lift, rotate and stabilize your legs. The two bones in the hip girdle play a large role in supporting your body weight.

Lateral hip pain can arise from muscular imbalances, inflamed fluid-filled sacks (bursas) near the hip, and iliotibial (IT) band overuse. The IT band is a stabilizing tendon on the outside of the thigh that can cause pain when muscles are overtaxed during repetitive activities or sports. This pain can become significant enough to adversely affect everyday activities such as walking and sleeping on your side.

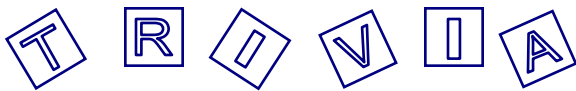
Types of pain (cont'd)

Anterior hip pain, or groin pain, commonly starts as a dull ache that worsens with extended standing or walking. Prolonged sitting can cause stiffness in the hip when an injury is present in the anterior hip and groin area. Such pain may be an indication of a joint injury, early arthritis, or tendinitis arising from inflamed and over-used tendons.

Treatment options

Because of the interconnectedness of the muscles and tendons in the hip girdle, pain in this area is complicated to diagnose and should be evaluated by a trained medical professional. A licensed physical therapist is able to evaluate alignment, mobility, muscular strength and weakness, and flexibility in the spine and lower extremities as well as nervous system involvement. After an evaluation, the physical therapist can diagnose the cause of your hip pain. Following diagnosis, the physical therapist will develop an appropriate treatment plan to address the root of your hip pain problem.

Hip pain does not have to be a chronic problem. Call Ascent Physical Therapy today at (970) 949—9966 to speak with one of Ascent's qualified physical therapists regarding your hip pain and how we can help you get back to a pain free lifestyle.



Q: In what country did Jack O'Lanterns originate?

Call (970) 949-9966 before October 30 with your answer for a chance to win a...



FREE 30 MIN MASSAGE!



Ascent PT on the web

Ascent Physical Therapy can be found on the internet at ascent-pt.com. Log onto the Ascent Physical Therapy website today to:

- Download patient forms before your first visit
- Learn more about the variety of physical therapy services we offer
- Read articles and watch videos about physical therapy treatment, exercise, and health conditions
- View past newsletters
- Read more about Ascent's physical therapists
- Find links to healthcare providers and other services in the Vail Valley

Visit ascent-pt.com for your patient needs

The ML830 Laser

One of Ascent Physical Therapy's many innovative treatment options is the ML830 cold laser, a painless low level light therapy that can alleviate many of your aches and pains.

Sterile, safe and drug-free, the ML830 laser emits light waves that reach two inches into body tissues and result in the following benefits:

- Relieve acute and chronic pain
- Increase the speed and quality of tissue healing
- Alleviate carpal tunnel syndrome symptoms
- Stimulate nerve function
- Stimulate the immune system and increase wound healing
- Develop collagen and muscle tissue
- Reduce inflammation
- ...And even treat migraines!

After one treatment session, approximately 70% of people will notice an immediate improvement in their respective conditions.

Ascent Physical Therapy will be holding a free cold laser clinic on October 27 from 4:00—7:00.

Cold laser therapy is also available for \$25 per treatment.

Call (970) 949-9966 to schedule a laser appointment today!



Ascent Physical Therapy
Work Better. Play Better. Be Better.

Services at Ascent PT

Ascent Physical Therapy offers a variety of physical therapy and injury prevention services.

For patients:

- Post-surgical rehabilitation programs
- Spinal injury treatment
- Orthopedic physical therapy
- Treatment of women's health issues (including pain arising from pregnancy)
- Custom foot orthotics

For the outdoor enthusiast:

- Golf performance evaluations
- Bike fit assessments
- Sports medicine services including injury treatment and fitness evaluation

For employers:

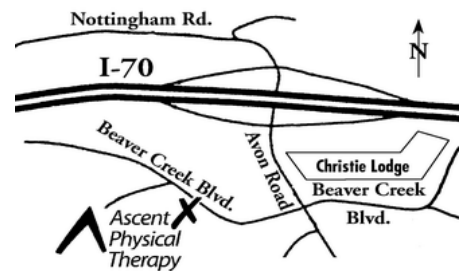
- Functional capacity evaluations
- Work site ergonomic evaluations
- Occupational medicine services that promote a safe and healthy workplace

Do you have a nagging pain or
a new injury?

Call Ascent Physical therapy today at (970)
949-9966 to schedule a

free injury screening

Ascent PT is located in the Lodge @ Avon Center across the street from the post office. Find us on the second floor in suite 204.



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Phone: 970-949-9966
Fax: 970-949-9988
Web: ascent-pt.com

Located in The Lodge at Avon Center
100 W. Beaver Creek Blvd, Ste 204
PO Box 3381
Avon, CO 81620

This month's free laser clinic:

Tuesday, Oct. 27

4:00—7:00 pm in the clinic

Call today to schedule a free

ML830 laser treatment!

FREE MASSAGE (see inside)