



HIPS *for* LIFE



Rising Number of Hip Conditions

Hip injuries and disorders have been on the rise in recent years. Experts attribute the increase to a more active population that is involved in outdoor activities, sports, and various exercise programs. A recent study in the *Journal of Orthopaedic & Sports Physical Therapy* reveals that extreme workouts and exercise programs such as heavy weightlifting are causing more hip injuries.



Reducing Your Risk

Active people injure their hips from falling, heavy lifting, extreme impact and overuse. A hip injury can take an athlete off the field or a worker off the job for six months and even longer. Hip injuries or disorders include hip strain, impingement and bursitis. Some people, especially women, may have a genetic predisposition to hip conditions such as hip dysplasia.

These conditions may lead to life-long hip problems and arthritis of the hip. While it's impossible to prevent all hip problems, you can lower your risk of getting them and minimize their severity by taking preventative measures. That's why the Illinois Athletic Trainers Association (IATA) and Midwest Orthopaedics at Rush (MOR) teamed up to create **Hips for Life** (HipsforLife.org), a public awareness program incorporating specific exercises and prevention techniques to help reduce hip pain and keep osteoarthritis from progressing.



Research shows that in some cases, early intervention can help hip pain patients avoid or delay total hip replacement.

Basic Tips to Protect Your Hips

- Stretch and warm up before heavy exercise, games or competitions. Cool down afterward
- Don't overdo it. If you experience pain when exercising, stop and cool down
- Wear properly fitting shoes
- Avoid running on hard surfaces like asphalt and concrete
- Cross train with cycling or swimming



MIDWEST
ORTHOPAEDICS
at RUSH



Twitter: @hipsforlife



ILLINOIS
iata
ATHLETIC TRAINERS ASSOCIATION
Better Healthcare with Athletic Trainers

Make these hip injury prevention exercises a part of your daily routine



HIP ABDUCTION

On all fours, lift one leg up at a 90 degree angle. Pulse that leg 20 times and repeat on the other side.



CLAM

Lie down on your side with your legs bent. With your hips "stacked," lift your top knee to look like a clam. Repeat 15 to 25 times on each side.



BRIDGE

Lie down on your back with knees bent and feet flat on the floor. Slowly lift buttocks off the ground, and hold for 5 seconds. Repeat 15 times.

Hip replacement is no longer just for "grandma." A 10-year study showed the number of patients under 54 skyrocketed 205 percent in 10 years.



SEATED ROTATION

Sit on the floor with legs stretched out in front of you. Cross one leg over the other with knee bent, and slowly twist towards that bent leg. Use your back arm for support. Hold for 30 seconds on each side.



SEATED BUTTERFLY

Sit on the floor with your back straight and your knees bent to the sides. Relax your knees towards the floor as you pull your heels towards you. Hold for 30 seconds.



Order free gym bag tags for yourself or your team:
www.HipsforLife.org

Hip Replacement Physicians

Richard A Berger, M.D.
Hip Replacement Orthopedic Surgeon
Craig J. Della Valle, M.D.
Hip Replacement Orthopedic Surgeon
Tad L. Gerlinger, M.D.
Hip Replacement Orthopedic Surgeon
Steven Gitelis, M.D.
Hip Replacement Orthopedic Surgeon
Joshua J. Jacobs, M.D.
Hip Replacement Orthopedic Surgeon
Brett R. Levine, M.D., M.S.
Hip Replacement Orthopedic Surgeon
Denis Nam, M.D., M.Sc.
Hip Replacement Orthopedic Surgeon
Wayne G. Paprosky, M.D.
Hip Replacement Orthopedic Surgeon
Aaron G. Rosenberg, M.D.
Hip Replacement Orthopedic Surgeon
Scott Sporer, M.D.
Hip Replacement Orthopedic Surgeon
Nicholas Ting, M.D.
Hip Replacement Orthopedic Surgeon

Hip Preservation Physicians

Shane J. Nho, M.D., M.S.
Sports Medicine Physician
Joel Williams, M.D.
Trauma Orthopedic Surgeon

Midwest Orthopaedics at Rush study showed the number of hip replacement patients doubled in a seven-year period.

MIDWEST
ORTHOPAEDICS
at RUSH

