

Living With Hip / Knee Pain

Why does my hip / knee hurt?

Hip pain very commonly presents as discomfort in the groin and buttock area. This can happen at any age and can be because of an imbalance of the muscles around your core. Sometimes the joint cartilages and bone shape becomes damaged and this causes a mixture of sharp pain and dull aches.

Knee pain can be caused by a specific injury or overuse over time. The internal structures within the knee are quite delicate and can become damaged or worn if bad habits are formed in activity.

Is this arthritis?

Arthritis pain is typically a dull toothache pain.

It starts in young active people who continue to push through activities with poor technique resulting in cartilage and tendon injury. If this continues then the cartilage wears away and this is called Osteoarthritis.

Other forms of arthritis are caused by inflammation, such as Rheumatoid disease or Psoriasis.

How can I prevent or improve the pain?

Guidance from a physiotherapist to ensure you are well balanced and avoiding poor techniques will help both in the short and long term.

Even people with established arthritis can benefit from this, as poor muscles cannot compensate for worn out joints to prevent stiffness.

A low impact lifestyle adoption and even a little weight loss can improve symptoms by 50%.

Self help websites such as www.surreyimsk.com are useful resources for more ideas and information.

Common myths:

If it hurts I should avoid using it.

Keeping active and mobile is vital for healthy joints and muscles so only a brief period of rest for a few days is recommended to allow healing to start.

Resuming low impact activities such as cycling, cross training or swimming are a safe way to get back into things.

Avoid ramping up running in big jumps as this can lead to tendon and bursitis pain over the outer hip-buttock area or outer knee area.

Painkillers just mask the problem.

Yes, painkillers do not address the problem. However they do provide a pain free window of opportunity to break out of the vicious cycle of imbalance and bad habits in exercise and even simple walking.

Painkillers for a limited time and guided rehabilitation combined together are a powerful way towards getting you life back on track.

I've tried everything but am still in trouble, now what?

If you continue to suffer with pain despite the measures above you should visit your GP or consult an Orthopaedic Specialist

When should I see a specialist?

When the bad days outmeasure the good ones, when you are fed up with the limitations or if you are suffering a prolonged flare then it may be the time to see a specialist.

There is evidence that shows a timely intervention avoids a deterioration in function so avoid ignoring what your body is telling you until it is too late.

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For further information visit

<https://www.iwantgreatcare.org/doctors/mr-rishi-chana>

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