

HIP PAIN

Anatomy

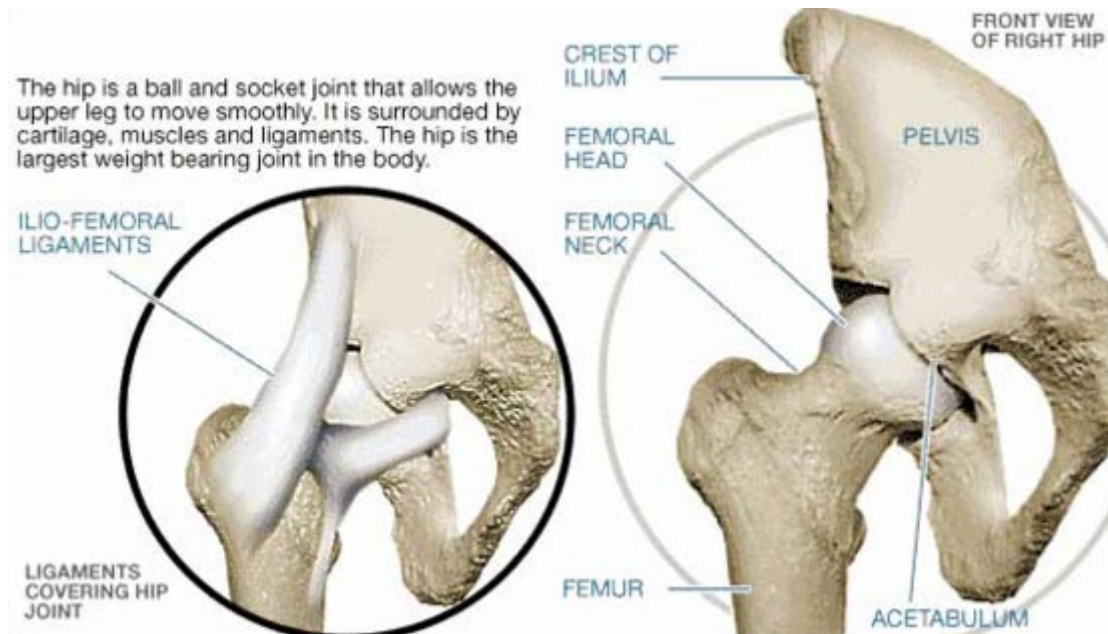
Conditions: Hip Arthritis • Trochanteric Bursitis

Procedures: Epidural • Nonprocedural Treatments

Surgery



ANATOMY



CONDITIONS

Hip Arthritis

Pain often develops as the bony articulation of the hip loses its cartilage lining. This can be the result of trauma or degenerative change from ageing and wear. There are numerous other causes of hip pain and degeneration of the hip joint as well, but accurate assessment should be done by a physician. Diagnostic Imaging, such as X-rays and MRI may be necessary to determine the nature of your hip pain and the degree of abnormality.



Trochanteric Bursitis

A fluid filled sac overlies the greater trochanter, a bony projection of the femur bone on which several muscles insert. This sac occasionally will develop inflammation and result in pain with walking. Often an injection helps alleviate the pain.



PROCEDURES

Injections

Injections can be performed for some of the common pathologies to help decrease inflammation and alleviate pain.

Nonprocedural Treatments

PHYSICAL AND OCCUPATIONAL THERAPY

This type of therapy may consist of exercises to improve range of motion, strength and conditioning. A good therapist will examine you, assess your deficits and disease and formulate a plan based on optimizing function and minimizing pain. These exercises are specific for the nature of your injury and should be executed under the supervision of a physician who understands your case.

MODALITIES

Modalities include simple age-old treatments such as heat, cold and massage as well as newer treatment methods such as acupuncture, manipulation, and electrical stimulation. Your physician and therapists should formulate an optimal treatment protocol to maximize your healing potential. These modalities are often used in conjunction with Physical and Occupational therapy.

MEDICATIONS

Depending on the nature of your problem, Non-steroidal antiinflammatory drugs ['NSAIDS'], corticosteroids, and opioids [narcotic] medications may be used. If there is a muscular spasm, a muscle-relaxant may help alleviate that aspect of your pain. Narcotics should be minimized and used only for short periods if at all possible due to rapid tolerance and all the attendant risks associated with abuse of a controlled substance.



SURGERY

Dr. Sandhu performs minimally invasive surgeries which result in a rapid recovery and minimal risk to the patient. Although we do not perform large-scale open surgeries in our clinics, there are occasions where a problem requires surgical intervention.

We can help screen potential surgical candidates and send them for evaluation by the appropriate specialist. These surgeons are usually orthopedic surgeons or neurosurgeons with specialized training for the particular disease process involved.



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