

Arthrosis of the Hip – A Common Condition

Do you suffer from pain in the groin, on the side of the hip, in the buttock or even in front of the thigh to the knee? Is your pain increased by a change in position, as in sitting to standing or when you are getting out of your car? Do you have difficulty putting on your socks and shoes or even washing your feet? Is your pain worse in standing or walking? You may be developing arthrosis in the hip joint.

It is not necessary to grin and bear it until your symptoms become bad enough for a total hip replacement, as only a few extreme cases of arthrosis really need surgery. Physiotherapy treatments can help to decrease pain, increase your mobility, strengthen your muscles, improve your gait pattern and help you become more functional. The physiotherapists at Physiothérapie Maheu Killens are renowned for their expertise in manual therapy and can help you on the road to recovery. In order to prevent further deterioration of your condition, it is important to do a thorough examination and formulate a treatment plan that is specific to your needs. If you would like further information, please do not hesitate to communicate with us.