

INJURY OF THE MONTH

HIP FLEXOR STRAIN

WHAT IS HIP PAIN/HIP FLEXOR STRAIN?

Hip pain is due to **overuse injuries** and repetitive activities such as running or bicycling for long distances. Overuse injuries cause **stress to the hip joint**, as well as **irritation** and **inflammation**. A Hip flexor strain is an **over-stretching or tear** in the hip flexor muscles. If left untreated, damages can lead to painful joint degeneration.

WHAT ARE THE SYMPTOMS?



- **Swelling and redness**
- **Pain** in the front and outside of hip and around hip joint
- **Inability to bend the hip or walk comfortably**

HOW CAN AIRROSTI HELP?

Airrosti providers consistently and effectively treat musculoskeletal conditions by **addressing the cause of pain**, not just mitigating the symptoms.

- Detailed examination to diagnose true injury
- Quality one-on-one patient care
- Highly specific, non-invasive manual therapy
- Individualized active rehabilitation program
- **Avg. number of Airrosti visits to resolve most conditions = 3** *(based on patient-reported outcomes)*

ASK YOUR DOCTOR OR CALL TODAY TO SCHEDULE:

(800) 404-6050 | Airrosti.com

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