

How To GET RID OF HIP PAIN

Hip pain is a common issue caused by wide range of problems. The underlying cause for hip pain can be known based upon pain's location.

CAUSES

- ▶ Arthritis
- ▶ Osteoporosis
- ▶ Dislocations
- ▶ Hip Fracture
- ▶ Inguinal Hernia

SYMPTOMS

- ▶ Deforming Joint Appears
- ▶ Aggravated Pain
- ▶ Sudden Swelling
- ▶ Hip Fracture
- ▶ Any Signs Of Infection
- ▶ Inability To Move Your Leg or Hip

PREVENTION

- ▶ Do Regular Exercises
- ▶ Stretch your muscles
- ▶ Avoid High-Impact Activities
- ▶ Don't Ignore Minor Injuries
- ▶ Eat Healthy Diet To Ensure Strong Bones

