

# HIP PAIN IN SENIORS

Causes, Treatment, And When To See A Doctor



**! Hip Pain Prevalence:** About 14% to 15% of adults over 60 experience recurring hip pain. It is notably more common in women.

## CRITICAL WARNING SIGNS



### Simple Home Care (Mild Pain)

#### Ice

Apply cold compression immediately to reduce swelling and inflammation.



#### Rest

Avoid bending or putting unnecessary pressure or weight on the hip joint.



### Professional Treatments

#### Non - Surgical

Targeted anti inflammatories (NSAIDs) or regenerative cellular treatments.



#### Surgical

Joint cleaning (arthroscopy) or structural bone alignment (osteotomy).



#### 1) Accidental Falls

Severe or lingering pain following a fall, indicating a possible fracture.

#### 2) Visible Deformity

Visible structural changes around the hip or a leg that appears noticeably shorter.

#### 3) Immobility

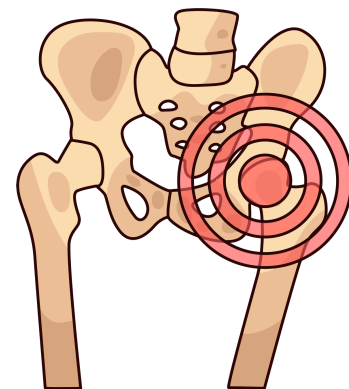
A complete inability to move your leg or bear any physical weight while trying to walk.

#### 4) Infection Signs

Sudden hip pain without an injury accompanied by high fever, chills, or redness.

#### 5) Nerve Issues

Tingling sensations or persistent numbness radiating down your leg.



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