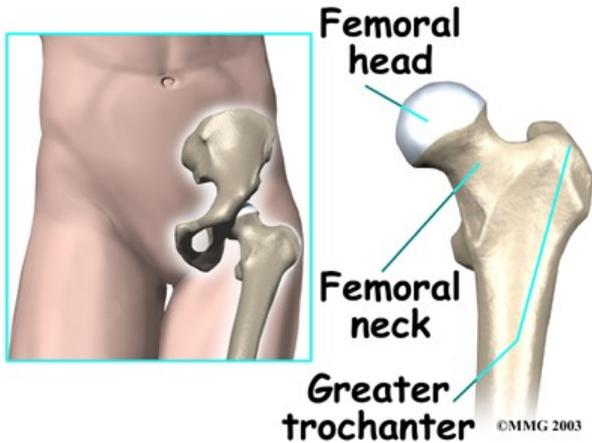


# Introduction to Hip

## Physiotherapy in Calgary for Hip

Welcome to Momentum Health's patient resource about hip problems.



A hip injury is nothing to joke about, it is one of the most serious injuries a person can suffer through and one that can lead to long-term health problems if not addressed correctly or inevitably prevented. Athletes who play active sports like football, soccer, and rugby are more prone to suffering through a hip injury than athletes in other sports, however, hip injuries can also occur by accident, whether through a bad fall or quick and awkward movement. Therefore, you must know how to take care of yourself so you do not fall victim to this debilitating injury.

This area of our site covers everything you need to be aware of as it relates to your hips and keeping them healthy.

Remember, good health and a little prevention now will protect this sensitive area as you age. We want to be there with you to proactively protect and prevent against hip injuries.

**Click on one of these links to learn more:**

[Hip Anatomy](#)

[Hip Issues](#)

[Hip Surgery](#)

[FAQs](#)

Hear from some of our patients who we treated for **Hip Pain**

- “ I was in chronic hip pain for 3.5 long years. I tried every treatment known to man including chiropractic, physio, massage, acupuncture, and even spinal decompression. Everyone who treated me came

to... ”

“ I was in chronic hip pain for 3.5 long years. I tried every treatment known to man including chiropractic, physio, massage, acupuncture, and even spinal decompression. Everyone who treated me came to quick conclusions as to what my issue was with no formal assessment, and everyone claimed they could help me. Needless to say they were unsuccessful. Thank God for Jocelyn! I went to see her for a massage one day and she genuinely cared about my pain and she did a casual assessment to try to locate the cause of my pain. She is the strongest and best massage therapist I have ever got. She urged me to try chiropractic care again with Dr Brad. In my first session with him he did a full assessment with proper diagnostic testing and he confirmed what Jocelyn thought it was. With regular appointments with Dr Brad my pain was close to gone in 3 weeks. I have continued to see the physiotherapy team which includes Alexis and Ankit. With trying diligently to do my exercises, I am pain free. Thank you momentum health creekside! I will forever refer to you as my dream team! Oh, and the reception team is excellent! ”

Irene L

Calgary, AB

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“ I recently had the pleasure of visiting Dr Carpino and Physiotherapist Russ Gothard for some back and hip pain I was experiencing. I can't say enough good things about the care I received. Both... ”

“ I recently had the pleasure of visiting Dr Carpino and Physiotherapist Russ Gothard for some back and hip pain I was experiencing. I can't say enough good things about the care I received. Both professionals were incredibly knowledgeable, attentive, and skilled. They took the time to listen to my concerns and tailored their treatments to my specific needs which also included the GLAD Back program. After just a few sessions, I felt a significant improvement in my pain levels, overall mobility and pain management. I highly recommend Dr Carpino and Physiotherapist Russ Gothard to anyone in need of chiropractic or physiotherapy services at Momentum Health. Also a big thanks to massage therapist Meagan Fishly who also played an important role in dealing with my injuries. ”

Geordie S

Calgary, AB

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“ Iâ€”ve been seeing Heather for just over two months now and she has made a HUGE difference in my life. I have chronic pain in my back and hip that has been plaguing me for over 10 years. Iâ€”ve been... ”

“ Iâ€”ve been seeing Heather for just over two months now and she has made a HUGE difference in my life. I have chronic pain in my back and hip that has been plaguing me for over 10 years. Iâ€”ve been countless doctor, physios and trainers for my pain and for the first time I feel like I have someone who is determined to get to the bottom of my issue, teamed up with the knowledge and experience to do so. The red cord/ dry needle system that she uses is so smart I honestly canâ€”t understand why Iâ€”ve never heard of it before, it doesnâ€”t make sense why more physios arenâ€”t using it! If youâ€”re like me and have feel like you have tried everything for you pain and nothing is making a real difference I cannot recommend Heather enough, she has over 35 years of experience and genuinely cares about helping you get better. ”

Michelle M

Calgary, AB

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“ I recently attended a GLA:D program for education and exercise for osteoarthritis at Momentum Health in Seton in Calgary, Alberta. I was under the care of Dr. Teac Engen 2 times a week for 7 weeks of... ”

“ I recently attended a GLA:D program for education and exercise for osteoarthritis at Momentum Health in Seton in Calgary, Alberta. I was under the care of Dr. Teac Engen 2 times a week for 7 weeks of education exercises for the hips and knees. During that time, I learned valuable resistance training to help build up the areas around the hip and knee joints. The sessions were professionally carried out and I was treated with kindness and understanding. Dr. Engen created an environment for me to excel. He communicated through word and action. He lead by example and allowed me to discuss my feelings openly. He seeks input and involvement from others. He recognizes the contributions of others. I am comfortable going back to the program in the future if I need additional help. Sincerely Linda Rogers ”

Linda R

Calgary, AB

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“ Russ, Mark and Safia were extremely knowledgeable and helpful in helping me with the GLAD program. Anybody with arthritis in the knees, or the hips should go to Monument health at Deerfoot City and... ”

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Mike P

Calgary, AB

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“ Participated in GLA:D hip knee clinic. Excellent program and well supervised exercise routines and instruction. Suggest anyone with hip-knee issues to look at program earlier rather than later. ”

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Roger B

Calgary, AB

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“ I work with Amber (massage) and Dr. Moore (chiro) for calf, hip and back issues. They work together to ensure I receive the treatments I need. The "homework" is easy to incorporate into my every day... ”

“ I work with Amber (massage) and Dr. Moore (chiro) for calf, hip and back issues. They work together to ensure I receive the treatments I need. The "homework" is easy to incorporate into my every day routines. I am feeling better and better. I really trust that my health and progress is the priority. I highly recommend

coming here for any ailment. ”

Natasha D

Calgary, AB

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“ The team at Momentum Health Westbrook have been awesome! I came in with a bunked hip and after two sessions and an personally crafted plan to get me back to tip top shape; I am happy with what I am... ”

“ The team at Momentum Health Westbrook have been awesome! I came in with a bunked hip and after two sessions and an personally crafted plan to get me back to tip top shape; I am happy with what I am experience. I would recommend Momentum Health Westbrook to anyone in need of physio! Thank you!!! ”

Lori D

Calgary, AB

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“ Marjo is a gem. I have a desk job, so the knots in my shoulders and hips are epic - but she manages to work them out every time. If you want a deep massage that has great results, she is the right... ”

“ Marjo is a gem. I have a desk job, so the knots in my shoulders and hips are epic - but she manages to work them out every time. If you want a deep massage that has great results, she is the right person to see. ”

Mare B

Calgary, AB

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“ I have been enrolled in the GLA:D Knee/Hip program since April 19th and have been delighted with the progress. I have bone on bone on the lateral portion of my right knee and have found over the weeks... ”

“ I have been enrolled in the GLA:D Knee/Hip program since April 19th and have been delighted with the progress. I have bone on bone on the lateral portion of my right knee and have found over the weeks that I am getting stronger and definitely have less crepitus. I was able to hike Grassy Lakes; the more challenging side too. Today Dr. Carpino has started to work on other areas. He is competent, very knowledgeable, and a truly kind, caring Chiropractor. ”

Kelly F

Calgary, AB

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“ Just a note to say thanks so much for all your help in my Hip recovery. Dr. Wowk, thanks so much for taking the time to give a detailed and proper diagnosis, and recommendations for recovery regarding... ”

“ Just a note to say thanks so much for all your help in my Hip recovery. Dr. Wowk, thanks so much for taking the time to give a detailed and proper diagnosis, and recommendations for recovery regarding my

injury. Rebecca, thank you so much for providing the proper physio program that related to my injury. Matt, thank you so much for providing the stretching program and making it so I could download it on my phone. Prior to visiting Momentum, I had suffered with this injury for 3 + months, due to not having had a proper diagnose or rehab program from another physio provider. It was a blessing that my Dr. referred me to Momentum Health. After only 3 months in your program, with follow up advice and physio, I am happy to say that I was finally able to go on a proper hike on May 5. I was able to do 12.5 Kms with 300 M elevation and I feel great. No soreness in the affected area and I am back to normal. I continue to do the stretches you provided and am following all the advice that was given me, and I have learned to pay attention when my body tells me something isn't quite right. Thank you All so very much! ”

DLL

Calgary, AB

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“ From the beginning the staff have been excellent. This is an excellent program for anyone with Osteoarthritis in your knees or hips, as you can avoid surgery by doing the exercises and movements... ”

“ From the beginning the staff have been excellent. This is an excellent program for anyone with Osteoarthritis in your knees or hips, as you can avoid surgery by doing the exercises and movements taught in this program. Thank you Carley for explaining the GLA:D program to us at the beginning. Josh( Kinesiologist),did an excellent job of teaching us proper exercise and movements to alleviate pain in these joints. If we were not doing it right he would correct us. I really noticed less pain in my right knee and left hip. I would recommend this program to anyone having hip and knee pain. Thank you, Madeline ”

Madeline H

Calgary, AB

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“ AHS post hip physio here has been great ”

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Baron C

Calgary, AB

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“ Good morning i have been having nerve problems and numbness in my left leg hip and ankle, since i have been coming there i have been treated with respect and kindness for my problem, i feel very... ”

“ Good morning i have been having nerve problems and numbness in my left leg hip and ankle, since i have been coming there i have been treated with respect and kindness for my problem, i feel very confident that the team there will help me to get better if possible. Russ is awesum he has done things that no other physio place has tried i believe he accutually cares about my injury and healing process. Hats off to all of you i would recommend treatment here for anyone who has issues with your body. ”

David P

Calgary, AB

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“ Momentum Health Westbrook is a very modern clinic with the latest equipment. The entire facility is kept very clean which is extremely important these days. I had developed lower back problems and...”

“ Momentum Health Westbrook is a very modern clinic with the latest equipment. The entire facility is kept very clean which is extremely important these days. I had developed lower back problems and could only walk about 30 yards with a cane. I was thoroughly assessed and the problem was identified. I was then put on a great exercise program. A physiotherapist and a kinesiologist work as a team. I went to the clinic 8 times. As well as showing me the best exercises to do, they also did lots of hands on work. This included dry needling (IMS), hip flexor release and traction. At the end of my 8 sessions I could walk around 2km before I had to sit down. I use walking poles, but this is mostly to steady myself. I am sure if I continue to do my exercises faithfully, that my problem will keep lessening. I highly recommend this clinic. ”

Jerome S

Calgary, AB

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