



PHYSIOTHERAPY

Hip Pain & Movement Support

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Visit : www.caymanmassage.ky

Hip discomfort can affect walking, sitting, exercise, and sleep. It may result from overuse, muscle imbalance, joint restriction, or injury, and often influences movement elsewhere in the body.

Physiotherapy Perspective

Physiotherapy looks at hip pain in the context of the pelvis, spine, and lower limbs. Restoring strength, mobility, and coordination supports better movement and load management.

Supportive Care

Physiotherapy may involve manual therapy, strengthening exercises, mobility work, and movement retraining tailored to your activity level and goals.

What You Can Do at Home

- Avoid prolonged sitting when possible
- Maintain gentle hip mobility
- Follow individualized exercise guidance

Who It's For

- Hip or groin pain
- Running or activity-related hip issues
- Postural or movement-related discomfort
- Rehabilitation following injury

Physiotherapy supports improved movement and functional strength.

