

shannon avenue
chiropractic



STOP HIP BURSITIS

ACTION PLAN

www.shannonavechiro.com.au

HOW TO USE YOUR ACTION PLAN

Congratulations on downloading our action plan and taking the first step towards combating Hip Bursitis at home.

After over a decade of treating patients with Hip Bursitis and developing at home care plans for bursitis sufferers Dr Matthew has developed this plan so that he can help more people like you!

This plan works three fold by helping to identify if you have Hip Bursitis guiding you through preventative measure and at home treatment if a flare up does occur.



HOW DO YOU IF KNOW YOU HAVE

HIP BURSITIS

Take our quiz below to see if your symptoms and risk factors are indicative of Hip Bursitis

RISK FACTORS

- Have you had an injury to the point of the hip?
- Do you exercise or have a job that could cause overuse or injury?
- Do you have poor posture?
- Are you Pregnant?
- Have you had surgery around the hip or prosthetic implants in the hip?

SYMPTOMS

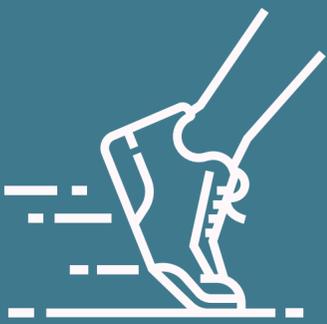
- Pain on the outside of the hip and thigh or in the buttock?
- Pain when lying on the affected side? Such as sleeping at night.
- Pain when you press in or on the outside of the hip?
- Pain while exercising such as walking up stair or running?

*If you have ticked yes to any of the above you could have Hip Bursitis.
Bursitis should always be officially diagnosed in clinic by a medical professional.*



EXERCISE

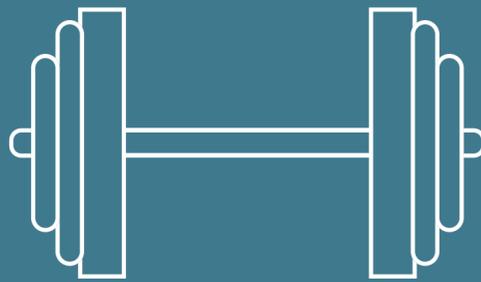
Avoid activities and exercise that aggravates your Bursitis



RUNNING



CYCLING



HEAVY WEIGHTS



HIGH IMPACT EXERCISE

Incorporate activities and exercises that ease your Bursitis



SWIMMING



STRENGTHENING EXERCISES



WALKING



LIGHT WEIGHTS



LIFESTYLE

Avoid lifestyle factors that can contribute to your Bursitis



AVOID SLEEPING ON
THE AFFECTED SIDE



SITTING FOR
TOO LONG

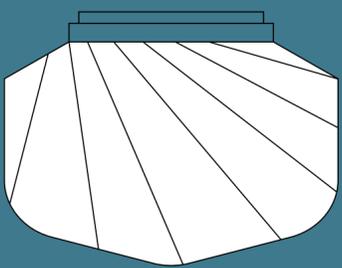


WEIGHT
MANAGEMENT

Make these small changes and add these to your routine



SLEEPING ON
YOUR BACK



ICE PACK
20mins ON
20mins OFF



ANTI- INFLAMMATORY
CREAM



STRETCHING

HIP BURSTITIS

[CLICK HERE](#)



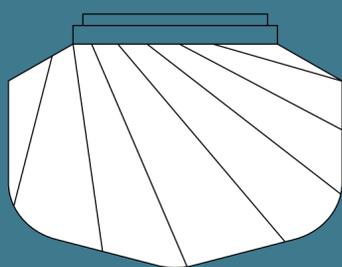
TRY THESE 3 PAIN RELIEVING STRETCHES

Watch on  YouTube

WATCH OUR YOUTUBE TUTORIAL
FOR OUR 3 BEST AT HOME TIPS



SLEEPING ADVICE



NATURAL PAIN
RELIEF ADVICE



OUR BEST STRETCH
FOR PAIN RELIEF



Plan

PLAN FOR SUCCESS

“ You only get out what you put in, ”
So invest in yourself!



DIARISE IT

Set yourself a start date and mark it in your diary. This way you can track your progress and make note of what helps and hinders your recovery



MAKE IT A ROUTINE

Make your stretching, exercises and icing a part of your daily routine, consistency is key when it comes to your recovery



BE ACCOUNTABLE

Make yourself accountable by setting reminders in your phone so you don't forget. Soon you will have created a positive habit.

REACH OUT TO US



SEND US A MESSAGE

We would love it if you send us a message and let us know your success with the plan.

Send us a message here → [FACEBOOK MESSENGER](#)



LOOKING FOR MORE HELP

Check out our video for at home care!!

Dr Matthew will take you through a Step by Step Guide of our 3 favourite at home Hip Bursitis Treatments. [CLICK HERE](#) → [HIP BURSTIS VIDEO](#)



BOOK AN APPOINTMENT

- ✓ Do you need more help with your recovery?
- ✓ Are you having trouble sleeping?
- ✓ Is the pain still affecting your daily life?

Reach out to us and book an appointment.

To book online [CLICK HERE](#) → [BOOK HERE](#)





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YOU HAVE COME TO

THE RIGHT PLACE



FACEBOOK

5 stars based on 10 reviews



GOOGLE

5 stars based on 30 reviews



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