



Vibrant Health SOLUTIONS



Move better.
Feel better.
Live better.

The Newsletter About
Caring for Your Health!

INSIDE:

Stacy Riggins' PATIENT SUCCESS STORY



A Comprehensive
Approach to Treating
HIP PAIN

785.367.3395



A Comprehensive Approach to Treating HIP PAIN

You want to take care of some chores or go for a walk — but hip pain is keeping you on the couch. If this sounds familiar, know that you don't have to suffer! The integrated team at Vibrant Health Solutions offers a wealth of different interventions to help you resolve or manage your hip discomfort so you can get active this spring.

WHAT CAUSES HIP PAIN?

The first step in treating pain is identifying the underlying cause(s), and our team of experts is here to help you sort it all out. Several different injuries and conditions can impact your hip, including the following:

- **Arthritis:** There are many types of arthritis that can affect your hip, but the most prevalent are osteoarthritis and rheumatoid arthritis.

- **Osteoarthritis** occurs when the cartilage at the end of your hip bones breaks down. As the body tries to repair the damage, the structure of the joint may change, contributing to pain or difficulty with movement.

- **Rheumatoid arthritis** is an autoimmune condition that causes the body's immune system to attack your joints, leading to pain and inflammation.

- **Hip Strain:** A strain occurs when tears form in the muscles or tendons surrounding your hip. There are three grades of hip strain, and symptoms will vary depending on the severity of the tear, ranging from mild pain to a complete loss of function.

- **Bursitis:** This condition occurs when the bursae, small fluid-filled sacs that protect your hip joint, become inflamed.

- **Hip Impingement:** This condition occurs when the “ball” part of the hip joint pinches against the “socket” part, leading to sharp, shooting pain.

- **Other Contributing Factors:** Past injury or scar tissue in other nearby muscles and joints (knees, back, etc.) may lead to changes in movement patterns as you walk or bend. The body works as a connected system, so these changes elsewhere may cause you to change the alignment and movement patterns of your hip joint, causing it to become painful. If not fully addressed, these other areas may cause pain to return to your hip.

NO MATTER YOUR INJURY, WE'LL HELP YOU FIND RELIEF

When you visit us at Vibrant Health Solutions, we'll conduct a comprehensive evaluation to identify and assess the source of your hip pain. That way, we can combine the best treatment options for your customized care plan.

Here are just a few of the ways we can treat hip pain:

- **Therapeutic injections:** We use natural and saline-based products to promote the body's own healing process, not harmful medications (such as cortisone, which wears down the bone and connective tissue). We offer three types of injections:

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- **Trigger-point injections** ease painful restrictions in your muscles. We'll inject trigger points (small, tender knots in your fascia) with a saline-based solution, helping to loosen them to reduce pain and improve mobility.
- **For joint injections**, we'll use a guided ultrasound technique to inject products such as hyaluronic acid (a naturally occurring substance in your body) into the exact joint locations. This helps the joint stay hydrated and move more smoothly.
- **Regenerative therapy** uses injections that help jumpstart your body's natural healing processes, such as your body's own enriched platelets (PRP injections).
- **Rehabilitation** is a great choice for both arthritis and hip injuries. Its hands-on, proactive approach uses manual therapy techniques, therapeutic exercise, and educational tools to help resolve the underlying condition and help you find lasting relief.



- **Chiropractic adjustments** involve gentle movements of the joints through their current range of motion, helping to reduce pain and bring your body into alignment, allowing normalized movement patterns and symmetric pulling of the muscles on the bones and joint.
- **Laser therapy** uses cutting-edge technology to address tissues at the cellular level by increasing blood supply and bringing oxygen into the cells, which reduces discomfort and promotes your body's natural healing processes.

SAY GOODBYE TO HIP PAIN WITH A VISIT TO VIBRANT HEALTH SOLUTIONS

As the weather warms up, it's time to get moving again. Don't let hip pain keep you locked away this spring.

Schedule a free appointment with our case manager now. Our integrated team will uncover what's causing you pain and find the treatment options to get you back in action right away!

EXERCISE ESSENTIALS

These exercises help increase flexibility in your hips.

1. HIP FLEXOR STRETCH — EDGE OF TABLE

Start seated with your butt on the edge of the table. Lie back so that your head is on a pillow and pull both knees to your chest. Slowly lower the leg you want to stretch and straighten it so it hangs off the table. Hold for as long as directed by your physical therapist. Start seated with your butt on the edge of the table. Lie back so that your head is on a pillow and pull both knees to your chest. Slowly lower the leg you want to stretch and straighten it so it hangs off the table. Hold for 30 seconds.



2. KNEELING HIP FLEXOR

Start by kneeling on one knee with both knees bent to about 90-degrees and an upright torso. Place your hands on your hips, squeeze your butt, and shift your hips forward slightly to feel a light stretch in the front of your hip. Hold for 2 seconds and shift your hips back.



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Patient Success Story

Stacy Riggins



Stacy Riggins is a 65 year old Lawrence local who has been a client with TherapyWorks for approximately 24 years. She has also become a patient with our new company, Vibrant Health Solutions, since it opened last year. Stacy has done half marathons and 5Ks all over the country including the Rock The Parkway 5K every year in Kansas City and the Shamrock Shuffle here in Lawrence. We have been helping to keep her active all these years! Stacy does personal training with our Certified Personal Trainer, James Findlay, and she has done physical therapy with many of our wonderful Physical Therapists and Physical Therapy Assistants over the years, has received many massages in our clinic, and has started receiving chiropractic care and laser therapy treatments from our chiropractor, Dr. Tyler Bohlke.

“Honestly, I wouldn’t still be running at 65 without the continued services I have received with James Findlay, TherapyWorks, and Vibrant Health Solutions. I have hundreds of medals and trophy accomplishments due to excellent training and their continued help. James pushes me to get ready for a track meet each year to win gold medals in the 100 and 200 meter dashes. He tweaks my form and keeps me balanced. When my knee or hip starts feeling painful, TherapyWorks and Vibrant Health step in. Dr. Tyler Bohlke (chiropractor) does an outstanding job of fixing me up along with the rest of the team. I always come see these professionals right away and never let something painful go without their attention! I highly recommend their services.”
—Stacy Riggins



MARCH VIRTUAL WORKSHOPS

With Cindy Johnson, M.S., P.T, MCMT & Owner

BACK PAIN AND SCIATICA

• March 6th at 6:30 pm

SHOULDER PAIN AND ROTATOR CUFF

• March 20th at 6:30 pm

IN-PERSON WORKSHOP

NEUROPATHY WORKSHOP with Tyler Bohlke, DC
March 14th at 6:00 pm



LIVE ONLINE WEBINAR

PEAK KNEE PERFORMANCE: From Bone on Bone to a Better Life
March 27th at 6:00 pm with Cindy Johnson, M.S. P.T.

Your success story could be someone’s inspiration to get the help they need! Scan the QR code below to share your story and make a difference in someone’s life.

Share Your Success Story



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