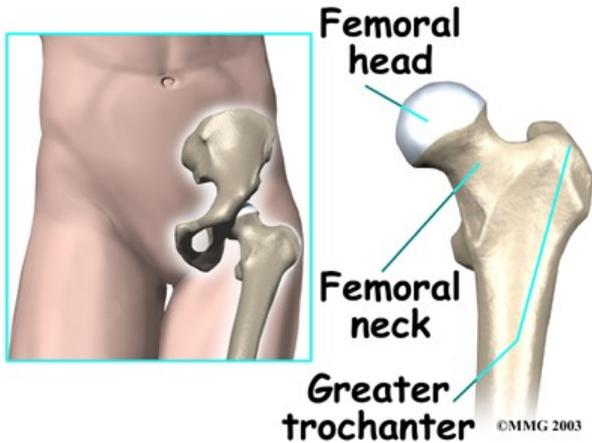


# Introduction to Hip

## Physical Therapy in Canton for Hip

Welcome to BodyFit Physical Therapy'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**

- “Cindy, a consummate professional, is very knowledgeable about both body and golf swing mechanics. She is able to blend the two to offer a customized approach to game improvement as well as general...”

“ Cindy, a consummate professional, is very knowledgeable about both body and golf swing mechanics. She is able to blend the two to offer a customized approach to game improvement as well as general wellness. ”

Julius K

Submitted on website directly

•

“ Cindy is absolutely wonderful to work with. I am a huge advocate for physical therapy but I wanted to see someone who can address all the pain I was experiencing and not just one specific area. I... ”

“ Cindy is absolutely wonderful to work with. I am a huge advocate for physical therapy but I wanted to see someone who can address all the pain I was experiencing and not just one specific area. I like how I got 1:1 attention for a full hour. I noticed an improvement almost immediately. She's extremely personable and so smart. Sessions with her are worth every penny and I look forward to coming back whenever I need a little tune up. ”

Richelle W

Canton, CT

•

“ One of the best decisions I have made recently was my reach out to Cindy based on a fellow golfer's recommendation. I had lost flexibility in my golf swing. Based on a program that Cindy developed I... ”

“ One of the best decisions I have made recently was my reach out to Cindy based on a fellow golfer's recommendation. I had lost flexibility in my golf swing. Based on a program that Cindy developed I am now starting to see an increase in my distance with the driver and playing with less pain, too. ”

Mike S

Submitted on website directly

•

“ I first met Cindy at my country club where she was offering a free class on golf mobility. After the class, I just knew I had to see Cindy to help what I thought was tight hips. After an evaluation,... ”

“ I first met Cindy at my country club where she was offering a free class on golf mobility. After the class, I just knew I had to see Cindy to help what I thought was tight hips. After an evaluation, Cindy told me that it wasn't my hips, it was my back. She explained why that was the case and then she went about helping me fix the problem. I can honestly say that my during round back pain has gone away. And, maybe it was the lesson I took or Cindy's exercises, by might handicap dropped back below 10 for the first time in a few years. Thanks Cindy! ”

Jim G

Submitted on website directly

•

“ Cindy was awesome! She listened to what I was saying, we determined where my "problem" spots were and she walked me through the correct way to stretch my body to help with these areas. I didn't have a... ”

“ Cindy was awesome! She listened to what I was saying, we determined where my "problem" spots were and she walked me through the correct way to stretch my body to help with these areas. I didn't have a specific injury but wanted to help my body be able to recover better from my longer runs. She is very thorough and a great resource for so many things. I highly recommend sessions with Cindy!!! ”

Lauren M  
Canton, CT

•

“ I highly recommend Body Fit for the golfer who wants to improve their game and their overall well-being. Cindy and the team helped me through the initial assessment understand some physical... ”

“ I highly recommend Body Fit for the golfer who wants to improve their game and their overall well-being. Cindy and the team helped me through the initial assessment understand some physical limitations and ways to improve them specifically flexibility in my hips. Through stretching and a stand-up desk (stretching is hard work), I have improved my game and played more rounds then ever with far less soreness. My pre round stretching routine and staying hydrated during rounds has also been key. Check out Body Fit if you want to get more out of your golf game! ”

MIke W

Submitted on website directly

•

•