



Areas We Treat: Hip

Understanding Hip Pain and Its Impact

Whether it's a dull ache or sharp, shooting discomfort, persistent hip pain often affects more than just the joint itself—it can limit mobility, disturb sleep, and make even the simplest daily activities, like getting up from a chair, walking, or climbing stairs, increasingly difficult. If left untreated, this can lead to frustration, reduced independence, and a decline in overall quality of life.

The most common causes of hip pain include musculoskeletal injuries such as labral tears, gluteal tendinopathy, and hip bursitis. Degenerative conditions like osteoarthritis, general overuse, or alignment issues impacting the sacroiliac joints can also lead to hip pain.

At Desert Spine and Sports Physicians, we understand how debilitating hip pain—and any pain—can be. That's why we focus on identifying the root cause of your pain and providing non-surgical, comprehensive solutions tailored to your needs.

Common Hip Conditions We Treat

Our expert team of physiatrists are trained to treat a variety of common hip conditions, including:

- Hip Osteoarthritis
- Hip Labral Tears
- [Hip Bursitis](#) or Gluteal Tendonitis
- [Sacroiliac \(SI\) Joint Dysfunction](#)
- Muscle Strains

Non-Surgical Treatment Options for Hip Pain

Physiatrists can treat hip pain non-surgically through several methods. While your physiatrist will help determine the best approach for your specific needs, the most common non-surgical treatment options for hip pain include:

- **Lifestyle & Activity Modifications:** Encourages posture, weight, and activity adjustments to reduce hip strain and support long-term joint health.
- **Physical Therapy & Rehabilitation:** Strengthens muscles, improves mobility, and corrects movement patterns through customized exercise programs.

- **[Platelet-Rich Plasma \(PRP\) Therapy:](#)** Uses your own blood platelets to reduce pain and inflammation and promote natural healing of soft tissue and joint damage.
- **[Bone Marrow Aspirate Concentrate \(BMAC\) Therapy:](#)** This utilizes stem cells from your bone marrow to support cartilage, bone, and soft tissue regeneration.
- **[Fluoroscopic-Guided or Ultrasound-Guided Hip Injections:](#)** Delivers precise, image-guided injections for targeted pain relief and improved function.

When to Seek Treatment for Hip Pain

While occasional discomfort may resolve on its own, certain signs indicate it's time to seek professional care. For example, if you experience persistent hip pain that doesn't improve with rest or have limited range of motion, it's essential to get evaluated as soon as possible.

Some other signs that indicate it's time to seek treatment include:

- Difficulty walking, standing, or sitting for long periods without discomfort
- Hip pain that interferes with sleep or causes nighttime discomfort
- Radiating pain into the thigh, groin, or buttocks
- Recurring hip injuries or flare-ups during activity
- Limited ability to exercise or stay active due to hip discomfort
- A history of arthritis, injury, or overuse that may contribute to joint degeneration

If you experience any of these symptoms and want to avoid surgery and explore non-invasive, comprehensive, and [regenerative treatment options](#), contact us today.

Why Choose Desert Spine and Sports Physicians?

At Desert Spine and Sports Physicians, our [board-certified physiatrists](#) combine evidence-based treatment protocols with state-of-the-art diagnostics to deliver exceptional patient care. Our comprehensive approach emphasizes individualized treatment plans that address the whole person, focusing on both immediate pain relief and long-term recovery.

Don't let your life be controlled by troublesome hip pain—[request an appointment](#) today and let our team help you get back to doing what you enjoy.

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