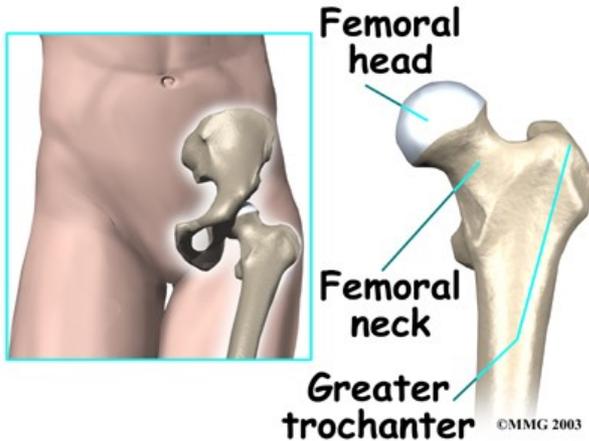


# Introduction to Hip

## Physical therapy in Upper Marlboro, Largo, Prince George's County for Hip

Welcome to Physical & Sports Rehab'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**

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“ As a fitness instructor, I don’t listen to my body and “push through” quite regularly. This establishment, particularly Renee Riley (Therapist there) has always nursed me back to health. I...”

“ As a fitness instructor, I don’t listen to my body and “push through” quite regularly. This establishment, particularly Renee Riley (Therapist there) has always nursed me back to health. I have come to Physical and Sports Rehab for my shoulder, for my hip and strained back. Each time, they have employed methods that did not involve drugs or surgery. My first encounter was with Paul (who is the owner) who helped me understand my injury after conferring with a sport medicine specialist who did not explain ANYTHING. After Paul I had Renee and I insisted on her going forward. The rehabilitation offered was EXCELLENT. They gave me honest feedback, great rehab weekly and exercises to do at home to continue strengthening the weak parts of my body. I think my case was special as I am a group exercise instructor who did not want to give up working out. Renee definitely listened to me and came up with a plan that allowed me to continue teaching but gave room for the techniques and methods to work. I appreciate her so much for that. I highly recommend this business to anyone and they are now my Physical Therapists on speed dial whenever I need one.. Highly recommended. Service is awesome. Convenient location and excellent staff.”

Tamika J

Largo, MD

[View all yelp reviews](#)

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“ Amazing recovery. Amazing process. Amazing people. ”

“ Amazing recovery. Amazing process. Amazing people. ”

Himel R

Largo, MD

[View all google reviews](#)

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“ To the entire staff of Physical and Sports Rehab, Inc: Thank you for being so thoughtful. Thank you for all that you do for your patients you serve everyday. I am forever grateful to you for giving me...”

“ To the entire staff of Physical and Sports Rehab, Inc: Thank you for being so thoughtful. Thank you for all that you do for your patients you serve everyday. I am forever grateful to you for giving me my life back! ”

Cathy M

Submitted on website directly

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