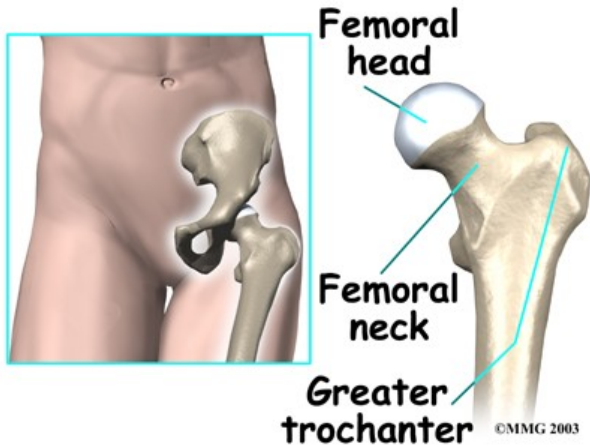


Introduction to Hip

Physical Therapy in San Ramon for Hip

Welcome to Ironhorse PT and Pilates 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 Anatomy Introduction

[Hip Issues](#)

[Hip Surgery](#)

[Research Articles](#)

[FAQs](#)

[Exercises](#)