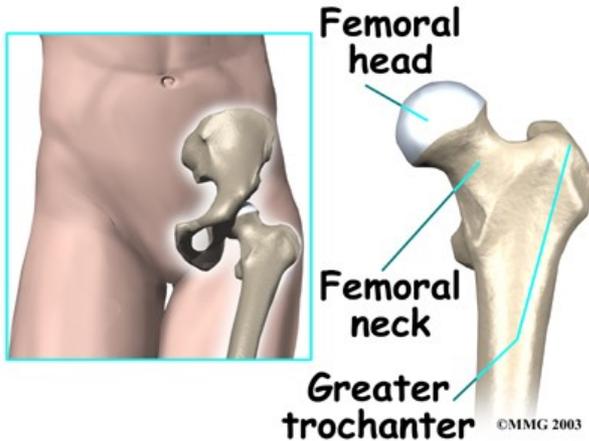


# Introduction to Hip

## Physical Therapy in Congress Park, Denver Downtown, Central Park, and Highlands Area for Hip

Welcome to Atlas 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**

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Dan B

Denver, CO

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“ I have been going to Atlas Physical Therapy for years, alas for different body parts. Each time I have gone, for various body parts (knee, shoulder, and now hip), Atlas has been there for me. You... ”

“ I have been going to Atlas Physical Therapy for years, alas for different body parts. Each time I have gone, for various body parts (knee, shoulder, and now hip), Atlas has been there for me. You won't regret it. Hope to (not) see you there - to your health! ”

Kimberly S

Denver, CO

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“ Somehow at the ripe age of 35, Iâ€” ve had a lot of issues and Iâ€” ve worked with a lot of acupuncturists and chiropractors over the years with varied results and satisfaction rates. Iâ€” ve been seeing... ”

“ Somehow at the ripe age of 35, Iâ€” ve had a lot of issues and Iâ€” ve worked with a lot of acupuncturists and chiropractors over the years with varied results and satisfaction rates. Iâ€” ve been seeing Luke off and on since 2015 and I feel safe when Iâ€” m under Lukeâ€” s care.. I know when I leave I will always be better than when I entered. I started seeing him due to chronic neck issues and continued to see Luke when I tweaked my shoulder. Both issues are on-going, but thatâ€” s because I play hard and havenâ€” t gone to see Luke in quite some time. He was my primary choice when I eventually had hip reconstruction. He was patient with me after that surgery yet he pushed me when I didnâ€” t want to work any more which led to a better recovery than I could have had otherwise. Luke is friendly, thoughtful, and in most importantly in this role, he is competent. Just scheduled my first appointment in a while and felt that a review was in order to help others make a decision if they were on the fence while choosing a great PT. Thanks for all youâ€” ve done for me. See ya next week :) ”

Johnny C

Denver, CO

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“ Amanda was great! Â She helped me with my lower back pain with various types of treatments (dry needling really helped my back). Â I didnâ€” t think my back could get better having a toddler climb all... ”

“ Amanda was great! Â She helped me with my lower back pain with various types of treatments (dry needling really helped my back). Â I didnâ€” t think my back could get better having a toddler climb all over me all the time, but it turned out some exercises targeted to my hips and back were the trick. Hopefully I

donâ€ t have to go back, but if I do, I will definitely come back to Amanda. ”

Alex N

Denver, CO

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“ I am a runner and runners sometimes get hurt! Alex has magic hands. The man has helped me get through plantar fasciitis on both feet, hip and knee issues and a pulled hamstring! All while keeping it... ”

“ I am a runner and runners sometimes get hurt! Alex has magic hands. The man has helped me get through plantar fasciitis on both feet, hip and knee issues and a pulled hamstring! All while keeping it fun and just being an amazing coach. If something ails you- go see him! He has magic hands and will get you back on track in no time ”

Maili Aring Dilworth

Denver, CO

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“ After experiencing shoulder and hip pain for a few months while swimming and running, I came to Atlas Congress Park looking for help. My pain was keeping me out of the pool and regularly truncating my... ”

“ After experiencing shoulder and hip pain for a few months while swimming and running, I came to Atlas Congress Park looking for help. My pain was keeping me out of the pool and regularly truncating my runs. My experience at Atlas was excellent. The office was clean and comfortable, there was always parking in the lot, the entire team was efficient and helpful. My physical therapist, Brett, was especially great. He was evidently knowledgeable and invested in my recovery. He used several approaches and techniques to make the most of each appointment, including targeted massage, mobility training, and strength exercises. Beyond his professional aptitude and competence, Brett is also a genuinely great guy. His affable, warm nature made the recovery process enjoyable. The whole team was great, including my trainer Will. Physically, I am noticing significant improvement in both my hip and shoulder. With the support of the team at Atlas, and the skills I've been taught, I expect this improvement to continue. I can't recommend the practice enough! ”

Johan D

Denver, CO

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“ Laura has been a godsend for me and has helped put me back together more than once! I came in when I was pregnant for a hip issues, then post pregnancy for a foot issue. Both situations I was treated... ”

“ Laura has been a godsend for me and has helped put me back together more than once! I came in when I was pregnant for a hip issues, then post pregnancy for a foot issue. Both situations I was treated wonderfully by the administrative staff and the physical therapist. The new location is key, parking is ample. The are communicative, timely and most importantly, work wonders on what ails you! ”

Heidi K

Denver, CO

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“ When I first started going to PT, ahead of hip surgery, I went to another local clinic. I was one of 6 people the therapist was working with at the same time. I felt like a number - as if that clinic...”

“ When I first started going to PT, ahead of hip surgery, I went to another local clinic. I was one of 6 people the therapist was working with at the same time. I felt like a number - as if that clinic was just trying to get as many people as possible in the door. I did not feel important nor very respected. That all changed when I found Body in Balance (which I discovered by walking in front of their building) and Lara, the therapist I worked with, was SO amazing (but I think they all likely are based on observations while I was there). From the moment I walked in to inquire about their services, I felt like I was important. They are a small office, that really focuses on patient health. A previous reviewer complained about phone coverage needing to be better -- I never found this to be an issue. Yes, if I got their voicemail I’d leave a message and would always hear back within a very short period of time. The entire team there works extremely hard to ensure patients come first and are a priority. Lara was incredible - very reassuring, assisting me with staying within my limits and then pushing me beyond those once I was ready (or once I should have been ready). Post-surgery, they did everything they could to help me navigate the facility, and constantly checked in with me at each visit. The entire team there is friendly, and full of hard work ethic and devotion to client care. You absolutely cannot go wrong with Body in Balance. Oh, and by the way - each therapist only works with one patient at a time - so you feel incredibly cared for and special.”

Mark P

Denver, CO

[View all yelp reviews](#)

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“ I have worked with Alex Lanton to resolve a torn rotator cuff and labral tear in my hip which eventually created back pain. Alex is wonderful, incredibly knowledgeable and practical in his approach...”

“ I have worked with Alex Lanton to resolve a torn rotator cuff and labral tear in my hip which eventually created back pain. Alex is wonderful, incredibly knowledgeable and practical in his approach to healing. I’ve never moved better, am working back into a rigorous exercise routine and with Alex’s help have exceeded my expectations about the type of activity I can now enjoy injury free. I highly recommend Alex if you want to resume pain free activity!”

Christina Z

Denver, CO

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“ This is a great place to get therapy. I broke my hip recently. Went to Littleton hospital, then great therapy at Encompass. Referred to Atlas. They are very good too. Convenient hrs and near my apartment.”

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Karen B

Denver, CO

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“ I had hip labrum reconstruction. Andrea Guevara DFT was very knowledgeable in all the aspects of the surgery and my rehabilitation. She and her team at Atlas Central Park helped me with my bi-weekly... ”

“ I had hip labrum reconstruction. Andrea Guevara DFT was very knowledgeable in all the aspects of the surgery and my rehabilitation. She and her team at Atlas Central Park helped me with my bi-weekly PT. They provided instruction and increased my exercises to literally get me walking and skiing again. I highly recommend Andrea and Atlas PT. ”

Mark M

Denver, CO

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“ Andrea at Atlas Physical Therapy in Central Park was fantastic. She was able to quickly identify exactly the kind of exercises I needed for rehab from my hip replacement surgery. Continuing those... ”

“ Andrea at Atlas Physical Therapy in Central Park was fantastic. She was able to quickly identify exactly the kind of exercises I needed for rehab from my hip replacement surgery. Continuing those exercises at home greatly sped up my recovery. I would recommend her to anyone seeking Physical Therapy. ”

Jeffrey H

Denver, CO

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“ I came on with left hip pain on Monday. I have attended one session and I can already feel the difference! ”

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Karen H

Denver, CO

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“ I am so glad that I came to atlas physical therapy. I met with Andrea at the Central Park office. She was very knowledgeable and thorough. I was worried that my knee problem was something serious but... ”

“ I am so glad that I came to atlas physical therapy. I met with Andrea at the Central Park office. She was very knowledgeable and thorough. I was worried that my knee problem was something serious but she found that it was actually a problem with my hips and could be alleviated with a couple of sessions plus some at-home exercises. After a few exercises in the office I was able to easily walk up and down stairs which I hadnâ€ˆt been able to do previously without pain. I am so thankful to be able to move around easily and pain-free again! We really do take that for granted until we canâ€ˆt do it. Thank you Andrea and Atlas PT! ”

Christina N  
Denver, CO  
[View all google reviews](#)

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“ Have had a great experience at Atlas Physical Therapy. The exercises that my therapists have given me to do at home have helped relieve the pain in my back and hips. What I really like are my...”

“ Have had a great experience at Atlas Physical Therapy. The exercises that my therapists have given me to do at home have helped relieve the pain in my back and hips. What I really like are my therapists and how they treat me. Both Chynna and Victoria explain the reasons for the exercises. and answer any questions that I have. Atlas Physical Therapy is both a professional and friendly environment. Hi highly recommended them. ”

Steve W  
Denver, CO  
[View all google reviews](#)

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