

A woman is hiking up a trail, carrying a young child in a backpack. She is wearing a purple patterned tank top, black shorts, and green leggings. She is using two trekking poles. The background shows a scenic view of mountains and a clear sky.

## EXPERTISE IS EVERYTHING FOR | Hip

### We Are Leaders in Hip Care

Although you might associate hip pain and mobility issues as something that occurs with age, hip issues can happen at any age. Hip pain can be a result of issues with your muscles, ligaments, tendons, and other soft tissue surrounding the hip joint.

The hip joint is a ball-and-socket joint, the largest joint in the body and plays a big role in daily movement. However, both age and use can wear the cartilage down resulting in damage. You might feel hip pain in your thigh, buttocks, groin, or in the inside or outside of the hip joint.

If you're experiencing pain around your hip joint that gradually gets worse, results in persistent stiffness, or a decreased range of motion, UBMD Orthopaedics & Sports Medicine can help.



### We'll handle your injury with care.

Our board-certified physicians will assess your hip injury and develop a treatment plan appropriate for your specific needs. Our doctors are also professors at the University at Buffalo, training orthopaedic surgeons and physicians of the future and conducting cutting-edge research that translates into new medical devices, treatment and care.

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## SURGICAL:

## NON-SURGICAL:

Primary Care Sports Medicine,  
UB Concussion Management Clinic

Buffalo | Depew | Niagara Falls | Orchard Park | Williamsville