

# The Wellness Express™

Jump on the train to good health

Issue 1, August 2014

## Hip, Sacroiliac & Leg Problems

Presented by: Total Health Systems

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### Introduction

You sit on them, need them to walk and your legs connect to them. Also they provide an attachment for dozens of muscles and ligaments. They are your hips, a masterpiece of engineering.

However, like any precision instrument, if they are not fitting right many problems could arise. Do your joints “click” when you walk? Do your feet flare-out or in? Does one leg appear shorter than the other? Do you have leg, knee, buttock, hip or low back weakness or pain? If you answered yes, it’s time to get a chiropractic check-up.



### Chiropractors Correct Subluxations

Subluxations are a distortion - a jamming or locking of your body structure that irritates, pulls or compresses (“pinches”) your nerves; unbalances your posture; weakens your discs; stretches your ligaments, tendons and muscles and can upset your general health. As terrible as all this sounds,

many times subluxations are often initially painless. You may have one right now and not know it.

### Your Hips & Pelvis

When you were born you had many more bones - in fact each of your two hip bones were originally three separate bones: the ileum, ischium and pubis. They fused at about puberty. Behind your hip bones are your sacrum and coccyx; in front are your pubic bones. Together all these bones make up your pelvis. A woman’s pelvis is wider than a man’s and is more curved for delivering babies.

### Your Hip Joints

A joint is where two bones meet and your hips have a few of them. One of them is a ball-and-socket joint where the head (“ball”) of the thigh bone meets the acetabulum (“socket”) of the hip. Another is the sacroiliac (SI) joint, formed where the sacrum and the ilium meet. Another is the symphysis pubis, where the pubic bones meet in the front (they separate a little during childbirth so the pelvic cavity can enlarge.)

### Lower Back, Buttock & Thigh Pain

Studies have implicated an unbalanced hip in most adults with low back pain.<sup>1,2</sup> “Dysfunction in the hip joint may be a primary factor in the development of...lower back pain” says one report.<sup>3</sup> Another states: “On confronting a patient in severe sciatic pain [leg



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pain]...the first thought should be “sacroiliac” not “disc manipulation”.<sup>4</sup>

## Pelvic Organs & Your Hips

The nerves from the spinal column in the lower back and hips connect to the bladder, kidneys, prostate, vagina and pelvic organs, uterus and lower intestines. It is very important to ensure that the nerves to these organs are free of any irritation, compression or stress.<sup>5</sup> In fact, for over a century chiropractors have noticed the intimate relationship between spinal health and hip, sacroiliac and leg problems.<sup>6-7</sup>

When your hips are uneven, your legs become uneven. More pressure is placed on the longer appearing leg when you walk: the knees, hips, ankle and feet on that side of your body may show pain and pressure. This is most noticeable when you lie down and is often used as a chiropractic test.

## Pregnancy

Pregnant women make hormones to relax their joints for easier delivery of the baby. However, if their spines are not healthy, instability of the hip and other joints may be revealed and may make what should be a joyous time one of pain. Chiropractic care is particular-

ly helpful during and after pregnancy. Chiropractors have noticed that a properly aligned SI joint, hip and spine helps ensure a more comfortable pregnancy and a safer and easier delivery and post-partum recovery.<sup>8-10</sup>

## Children's Hip Problems

Since childhood is a very physical time full of falls, accidents, cuts, scrapes and occasional serious injuries, children should have their spines checked regularly, including their hips, leg lengths and SI or sacroiliac joints by a chiropractor to ensure they are free of subluxations. Chiropractors have often found that a stressful birth can damage a child's spine and body structure can cause problems in adult life if not corrected.<sup>11-15</sup>

## Conclusion

Chiropractic checkups should be part of your family's healthcare regime. This is especially important for children since sacroiliac and lower back problems may have their origins in childhood. Pregnant women should definitely have a chiropractic exam since the stress of pregnancy and trauma of childbirth affect the hips and entire spinal column.

Why wait for a problem to arise? See your chiropractor for a check-up now.



**Disclaimer:** Information contained in The Wellness Express™ newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.

## Quote to Inspire

**"I make music for the hips, not the head"**

**Norman Cook**

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