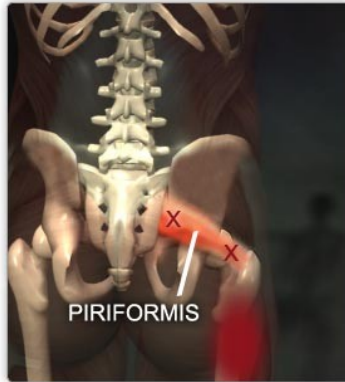


## Hip, Sacroiliac and Leg Problems



Do your joints click? Do your feet flare out when you walk? Is one leg shorter than the other? Do you have leg, knee, buttock, hip or low back weakness or pain? Many people suffering from these disorders have turned to a different approach to health care; chiropractic. Chiropractic is a different approach because it is not a *treatment* for a specific disease or condition but a health care system whose goal is to unleash your natural healing ability by correcting a condition that many people suffer from: the vertebral subluxation complex. This common condition jams or locks your spinal joints; irritates, stretches or compresses (“pinches”) your nerves; unbalances your posture; weakens your discs, ligaments, tendons and muscles; and interferes with your ability to adapt to your environment. As terrible as this condition sounds, it is often, initially painless.

### Your Hips And Pelvis

Each of your hipbones was originally three separate bones in infancy -the ileum, ischium and pubis-, which fused at about puberty. Behind your hipbones is the sacrum and coccyx; in front the pubic bones join. Together your

hips, sacrum and coccyx make up your pelvis. A woman’s pelvis is wider than a man’s, has a larger inlet for delivering babies, and is more curved. A man’s pelvis is more massive, narrower and has greater height.

### Your Hip joints

You have a few hip joints. 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 of the hip meet. And 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 lower back pain. 1,2“Dysfunction in the hip joint may be a primary factor in the development of mechanical lower back pain.” Says one report.3 Another states: “... On confronting a patient in severe pain of sciatic (leg pain) distribution the first thought should be “sacroiliac” not “disc”...[with] manipulation... surgical treatment is forgotten.” 4

The nerves originating from the spinal column in the lower back and hips travel 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. 5

## Leg Length Inequality

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



### Chiropractic & Hip, Sacroiliac & Leg Problems

For over a century chiropractors have noticed the intimate relationship between spinal health, and hip, sacroiliac and leg problems. 6,7

### Pregnancy

During pregnancy there is increased flexibility and instability of the hip joints. For that reason, chiropractors have observed that chiropractic spinal care may be particularly helpful for pregnant women (as well as after pregnancy). A properly aligned SI joint, hip and spine will help



ensure more comfortable pregnancy, safer and easier delivery and post-partum recovery. 8

### 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, including their hips, their leg length and their SI or sacroiliac joints by a doctor of chiropractic to ensure they are free of subluxations. Chiropractors and body therapists have often observed that a stressful birth could damage a child's spine and could cause problems in adult life if not corrected.

### Conclusion

A chiropractic spinal check-up should be part of everyone's health care regime, especially children and pregnant women, since sacroiliac and lower back problems may have their origins in childhood. The stress of pregnancy and trauma of childbirth can cause spinal problems.

### Postscript

No matter what disease or condition you have, you can benefit from a healthy spine. Spinal health can be as important for your overall healing as proper nutrition. Are you and your family carrying the vertebral subluxation complex in your spines? Only a chiropractic check-up can tell.

Among the many things contributing to your health: the quality of the air, food and water you take in; how you handle emotional stress; your inherited weakness and strengths; your

use of drugs, exercise and relaxation –a healthy spine is absolutely essential. In some people it is a major factor and can make the difference between a life of health, strength and vitality and a life of disease, weakness and disability.

*A healthy spine can improve your life- see your chiropractor for regular spinal checkups.*



# Centro Quiropráctico Nilsson



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