

Your Hip And You

By Dr. Amelia Mazgaloff, D.C
www.chirohealthsf.com

The hip joint is a very strong joint that connects the lower limb to the pelvis and is the focal point to which all the body weight is transmitted during any daily and physical activity. You might wonder how much force is applied to your hips during simple activities such as getting up from a chair. Try to imagine the tire on your car. The average air pressure equals to about 29psi. Your joint sustains pressures about 25 times greater! Any problem related to the spine, knee or foot will affect proper function of the hip joint and it can predispose it to dysfunction and injury. Here is a brief summary of most common conditions affecting the hip joint:

Osteoarthritis or degenerative joint disease

is characterized by deterioration of the articular cartilage with abnormal bone formation. Pain while walking, with rest or after activity. Symptoms progressively worsen and may cause local or referred pain, muscle spasm or swelling.

Stress fractures cause non-specific hip pain with insidious (unknown) onset. It is often seen in athletes (especially distance runners) who are subject to continuous stress on the joint and the bone.

Avulsion fractures occur when the attachment of the tendon or ligament tears off the bone, taking a piece of the bone with it. Caused by rapid, strong muscle contraction, associated with strenuous sports activity.

Bursitis presents with an aching over side of hip and sometimes down the outer side of the thigh. Symptoms will increase with walking, running and stretching.

Tendonitis irritation of the muscle tendon caused by overuse. Its onset is gradual

Ilio-Tibial band syndrome is associated with fibrous tissue that runs over the outside of the thigh to the knee. It may affect athletes, such as runners and cyclists and can be caused by foot problems.

Because the elements that contribute to the stability and mobility of the hip are so diverse, it is important that you have it evaluated by an experienced physician. Our clinic specializes in the treatment of the extremities as well as the spine.

For more information on this article and to schedule free lower extremity you can call Chiro-Health at **(415) 546-1461** or on the web at www.chirohealthsf.com.

Next Month: Low back and Neck pain