

And The Hip Bonez Connected To the . . .

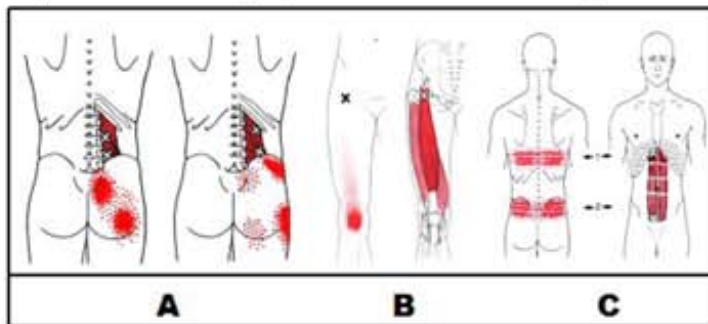
By

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The American Heritage Dictionary defines the word hub as "the center of activity". If we think of our body as our own personal universe, our hips, or more specifically, our pelvis can be defined as the center of our bodies' universe.

The pelvis is the foundation of the spine, that is, the base upon which the spine rests. This base for the spine can affect the rest of your torso all the way up to the head. It also plays an important role as an anchor for many muscles of the lower limbs. When the pelvis becomes dysfunctional, besides causing low back and hip pain, it can cause pain and dysfunction of your shoulders, neck and head. (See "Follow the Leader")

When evaluated for pelvic dysfunction, we find a particular group of muscles are almost always involved. This group of muscles crosses the joints of the hips and when myofascial



trigger points develop in any of them, dysfunction occurs. These muscles include the quadratus lumborum (Illustration A and referred to as the QL), rectus femoris (Illustration B) and rectus abdominis (Illustration C).

A myofascial trigger point is a hypersensitive spot in a muscle that when stimulated, usually produces pain referred in a predictable

pattern away from the trigger point. These points also trigger contractions in muscles that are called taut bands. These triggered taut bands cause the dysfunction of the pelvic joints. When trigger points are activated in these muscles, both the muscles and the joints need to be treated.

Trigger points in the QL can be activated during a slip and fall or a motor vehicle accident at speeds as slow as 5 mph. Injury to this muscle doesn't even require landing as the result of a fall to activate trigger points, a near fall is sufficient.

When trigger points are activated in the QL, it can shorten as the result of contracture on one side more than the other. This pulls the back of the hip up on that side and rotates the front of the hip down on the same side. At this point, noticeable pain begins. Since the rectus femoris is attached to the front of the hip, when the front of the hip is rotated downward, this muscle develops points that trigger causing continued hip dysfunction and frequently knee pain (Illustration B).

Trigger points in the rectus abdominis can also become activated during a motor vehicle accident by virtue of the impact from the seatbelt (Illustration C). Since it is attached to the pubic bone in the front of the pelvis, when the pelvis becomes dysfunctional, this muscle is involved. When the rectus abdominis develops trigger points, pain is referred across the low back. It can also cause all the symptoms of a bladder infection without any positive laboratory findings.

If you have low back, hip, buttock and/or knee pain, you could perform this simple test. Lie flat on your back and have a friend sit at your side facing you. Have them place the palm of the hands on the "bump" (Anterior Superior Iliac Spine) that marks the front of the hips. Now, they place the thumbs just under that "bump" (ASIS). If one "bump" (ASIS) is lower (closer to your knee) than the other, that hip bone is said to be anteriorly (downward) rotated.

At MyoRehab both the muscles and joints are treated. Once we have eliminated the points that trigger the pain and taut bands, the joints of the pelvis can be coaxed back to their neutral, functional position. With a specific home exercise program, the involved muscles are retrained and pain relief becomes permanent.

For many of our patients, Myofascial Trigger Point Therapy solves the misery of many failed attempts to decrease/eliminate low back, hip, buttock and often, knee pain.

Are your hip bonez connected to pain at the hip, buttock or knee? [Give us a call at MyoRehab.](#)