



Health & Wellness

*The Newsletter About Your Health And
Caring For Your Body*

WE CAN HELP YOU GET TO THE BOTTOM OF YOUR PAIN



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Priority
Physical
Therapy

Health & Wellness

The Newsletter About Your Health And Caring For Your Body



IS YOUR BACK PAIN CAUSED BY YOUR HIPS?

The Centers for Disease Control (CDC) states that over 80% of the population will experience back pain at some point in their life. In fact, the World Health Organization estimates that approximately 149 million workdays are lost due to back pain. While millions of Americans experience back pain, the majority of back pain cases are non-specific, meaning that there is not a primary cause, such as a fracture or disc protrusion.

With non-specific back pain, there are usually 3 common factors that are contributing to it:

1. Poor posture.
2. Weak core and gluteus muscles.
3. Poor hip flexibility.

You may be thinking, "What do my hips have to do with my back pain?" Well, your hips have a very large range of motion that works together with the movement of your back. Your hips contain thick Y-shaped ligaments known as "iliofemoral ligaments" that work to provide support. With prolonged sitting over weeks, months, or years, these ligaments shrink, reducing the natural movement of the hip joints.

When the iliofemoral ligaments shrink, they begin to yank and pull on the pelvis, which is attached to your spine – thus causing back pain. Additionally, this can cause the pelvis to tilt, altering the posture of your spine and increasing strain.

Luckily, this can be resolved through improving your hip mobility. Contact Priority Physical Therapy today to find out how!



**DID YOU
KNOW...**

There are noticeable differences between the male and female hip bones. The female hip bones are more delicate and shallow than the male's, with less sloped ilia. However, the superior aperture of the female pelvis is larger and more circular than the male's.

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HOW CAN I TELL IF MY HIPS ARE HEALTHY?

Your hips are part of a kinetic chain, meaning that they make up a combination of weight-bearing joints that must function together in harmony in order for your body and posture to function properly. If one part of the kinetic chain is out of balance, stress may be placed on another part of the body – such as the back. Fortunately, you can test your hip mobility with some at-home tests. If you notice that any of these bring you pain or discomfort, don't hesitate to contact Priority Physical Therapy as soon as possible to find relief.

1. HIP MOBILITY TEST

- Lie on your back with your legs straight out.
- Cross one ankle above the other knee, cross-legged in a "figure 4" position.
- Keep your ankle pressed on the other leg, but now lower the raised knee to the side. Does it lower close to the ground?
- Repeat on the other side and see if there is a difference.
- This might indicate a hip motion problem and cause back pain or hip discomfort on that side.

2. HIP SQUATTING TEST

- Keep your knees parallel, facing forward.
- Squat down as far as you can, keeping your feet and heels flat on the floor.
- If you feel a lot of pressure in your knees or calf muscles, you could have a hip movement problem.
- Try again in front of a mirror. Does your body want to go to one side? This can indicate a hip motion problem on one side.

**CALL US TODAY! MISSOURI
573.769.6166 OR SOUTH
CAROLINA 843.536.4888**

FIND RELIEF FOR YOUR BACK PAIN TODAY!

If you are looking for a safe and effective treatment method for treating your back pain and figuring out if it is originating from your hips, contact Priority Physical Therapy today to consult with one of our physical therapists. Your physical therapist will conduct a comprehensive exam to determine the best individualized treatment plan for your needs. This will include targeted stretches and exercises in addition to any pain-relief modalities your physical therapist deems fit.

Our mission is to help relieve your painful back symptoms while simultaneously improving your hip mobility, strength, and function. Contact us today to get started on the first steps toward relief!



EXERCISE ESSENTIAL

THORACIC ROTATION WITH RIB GRABS

Lie on your side, with torso and legs straight. Bend your top knee up and rest it on a support as shown. Holding your knee in place, reach under your side with your top arm and grab your ribcage. Pull your ribs upwards as you rotate your shoulder blade toward the floor behind you. Follow through with your head by looking over your shoulder. Hold for 2 seconds and repeat exercise 5 times on each side.



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MISSOURI
573.769.6166

SOUTH CAROLINA
843.536.4888

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FREE HIP PAIN WORKSHOP

Hip Pain Workshop September 21st, 2021

6:30 PM | Palmyra, MO
1219 S. Main St.
Palmyra, MO 63461
P: 573.769.6166



Hip Pain Workshop September 21st, 2021

6:30 PM | Florence, SC
2521 S. Cashua Drive
Florence, SC 29501
P: 843.536.4888

How Much Is It To Attend These Workshops?

Nothing... the event is absolutely FREE but call Missouri 573-769-6166 • South Carolina 843-536-4888 now to register as we are taking only 25 attendees.

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Staff Spotlight

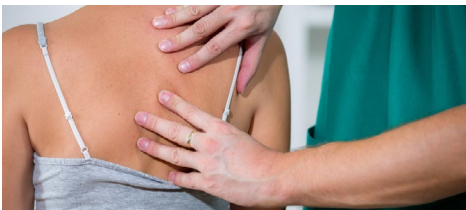


Kelsey Myers is our Patient Care Coordinator in Palmyra, MO.

Hayden is the almost two year old son of Kelsey and Luke. He loves mowing the yard with his bubble mower, reading books, riding around on his Mickey Mouse airplane, swimming, and taking boat rides in his grandpa's boat on the Mississippi River. Some of Hayden's favorite things are his blanky, his cat Bruce, and his stuffed animals. This summer Hayden has enjoyed visiting zoos, an aquarium, and a train museum. Miley is a six month old Golden Retriever puppy. She already weighs over thirty pounds and is full of energy. Miley enjoys playing with squeaky toys, chasing balls, and cuddling with her family and dog brother, Kal. She is working on learning commands like sit and shake.

PT FOR BACK PAIN WORD SEARCH

ACTIVITY	PAIN	FLEXIBILITY
EXERCISE	THERAPY	MUSCLES
MANUAL	AEROBIC	RELIEF



T R B H J S E I E H Y C B K Q
Y H K F Q Q Y S N Z S I A H R
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