



My Hips Are Doing What?

By Allison Ishman, LMT, Certified Personal Trainer

From time to time everyone's muscles hurt. Most of the time, pain causes a change in your body's posture. The body tries to readjust to relax areas that hurt until they are in a position that doesn't hurt. Your body may keep adjusting until it is thoroughly confused, and doesn't remember what a normal posture is. This is a drawback for the muscles that were in a normal position and are shifted out of position to stop pain somewhere else.

Once the imbalance is identified, we can look for the associated tight or weak muscles and related problems (such as fallen arches in your feet, one leg being longer than the other, etc.) You may notice pain or discomfort in these areas...

Anterior Tilt Symptoms

1. **Low Back** (Pain/discomfort)
2. **Neck** (Pain/discomfort)
3. **Hamstring** (Strain/Tear)
4. **Groin** (Tightness/Pull)
5. **Knee** (Patellar Tendinitis, Pain/discomfort)
6. **Foot** (Pain/discomfort/ tender, Plantar Fasciitis)
7. (Shin Pain/ Achilles Pain)
8. **Mid-back or shoulders** (due to nerve and muscle patterns in the body.) A note: [Balance exercises](#) and orthotics allow your nerves to discover the new muscle lengths and how they function, so you don't fall back into the old pattern, where you have a higher risk on injury, and may have pain.

Lateral Tilt Symptoms

You may notice pain or discomfort in these areas...

1. **Outer Thigh or Hip** (Pain, stiffness, ITBS/Iliotibial Band Syndrome,)
2. **Low Back** (Pain - usually one-sided)
3. **Groin** (Inner Thigh Strains, tightness)

Important information about relieving pain or discomfort:

- A. First, just stop it from hurting.** When pain stops we are happier and more productive.
- B. Stop the Pain-Spasm-Pain Cycle.** Information about a pain cycle is stored in our bodies. Our nerves pick up the signals of pain or discomfort and begin the process of talking to your brain about what to do. The brain suggests a shift – usually a postural one to just stop the hurting. It's most often a subtle change that we don't notice on an everyday basis.



- C. **Muscle Memory.** That information gets stored in our subconscious, and if the first postural change doesn't correct things forever and the hurt returns, then the brain builds on that information again. This is called a pain-spasm-pain cycle, and is generally more of an annoyance than a help, as the "fix" info it stores usually creates another problem somewhere else in the body over time. So, to avoid storing the pain-spasm-pain cycle, stop the pain. Ice numbs pain, and aspirin, ibuprofen, and acetaminophen may also help. Consult with your physician on relief of pain that recurs or is severe.

What can I do about it?

- A. **See a therapist or trainer, and determine whether or not therapy is a good idea.** A few massage therapy sessions where neuromuscular or myofascial techniques are used may be the key to a quick and long-lasting solution. Without therapy, some people never normalize the body entirely, which puts you at risk for injuries in any of the joints listed to the left.
- B. **Stretch** hips and outer thigh, calves, shins, low back, pectorals, neck, and forearms. Again, these vary from person to person, so please check in on what stretches you should be doing.
- C. **Strengthen** Abdominal Muscles, Butt, Upper Hamstring, Inner Thigh, Latissimus Dorsi, Teres, Rotator Cuff, and Triceps. These are the most common muscles that need strengthening, and may vary from person to person. Check with your therapist or trainer to be sure that you have the right exercises for your body.
- D. **Balance exercises** and retraining (e.g. 1-legged squats, learning to walk w/o turning toes outward...)
- E. Consider **orthotics** to correct pronation in feet. (Ask your therapist about this.) There are a few exercises that make integrating into a new pair of orthotics easier, so ask us – they're very simple

An experienced therapist or trainer can look at your form and give you feedback. Some imbalances are very subtle, but may have aggravating effects on your body. Often the effects go in cycles – the condition feels better, then worse, then better, and then worse again (etc. etc.) This is commonly called a pain cycle, and is common in a biomechanics problem. A few therapy sessions and some good self-care are usually just the trick to solve this problem effectively. . Some imbalances are very subtle, but may have aggravating effects on your body. Often the effects go in cycles – the condition feels better, then worse, then better, and then worse again (etc. etc.) This is commonly called a pain cycle, and is common in a biomechanics problem. A few therapy sessions and some good self-care are usually just the trick to solve this problem effectively.

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