



IS YOUR BACK PAIN  
**CAUSED BY YOUR HIPS?**

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Has your pain come back? We would love to help!  
Give us a call or visit [www.TherapyWestPT.com](http://www.TherapyWestPT.com) today!

# 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:**

- Poor posture.
- Weak core and gluteus muscles.
- 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 Therapy West Physical Therapy & Sports Medicine today to find out how!**



## 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 Therapy West Physical Therapy & Sports Medicine as soon as possible to find relief.

### 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.

### 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.

# 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 Therapy West Physical Therapy & Sports Medicine 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!**



If you are struggling with back pain, see our website for additional information on your condition by scanning the QR code or by visiting [www.TherapyWestPT.com](http://www.TherapyWestPT.com)

## Feel Better By Eating Better! Spaghetti With Asparagus

- 1 lb. spaghetti
- $\frac{2}{3}$  cup extra-virgin olive oil
- 1 large bunch asparagus, trimmed, thinly sliced on a deep diagonal
- 4 garlic cloves, smashed
- 4 3"-long strips lemon zest
- $\frac{1}{2}$  tsp. crushed red pepper flakes
- 8 large basil leaves
- 2 lemons, halved
- 2 oz. Parmesan, finely grated (about 1 cup), plus more for serving



1. Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain pasta, reserving  $1\frac{1}{2}$  cups pasta cooking liquid.
2. Meanwhile, heat oil in a large Dutch oven or other heavy pot over medium-high until shimmering. Add asparagus, season with salt, and cook, stirring often, until just beginning to take on color, about 1 minute. Add garlic, lemon zest, and red pepper flakes and cook, stirring, until fragrant, about 30 seconds. Remove from heat and let sit until pasta is done.
3. Add pasta and basil to pot with asparagus mixture and return to medium-high heat. Squeeze juice from both lemons into pot and add 2 oz. Parmesan and 1 cup reserved pasta cooking liquid. Cook, tossing vigorously and adding more pasta cooking liquid if needed, until sauce is creamy and emulsified and pasta is coated, about 1 minute. Taste and season with more salt if needed. Remove and discard garlic.
4. Divide pasta among bowls, placing a lemon strip in each, and top with more Parmesan.

## Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

**Gunnison**

435.528.7575

**Ephraim**

435.283.6334

**Mount Pleasant**

435.462.0178

**Richfield**

435.896.4282

**Bicknell**

435.425.3719



# Avoid Aches & Pains In The Garden This Summer

Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

## These Tips Can Help Prevent Injuries

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

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## Exercise of the Month Double Knee To Chest



Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down.

*If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.*



## Redeem Your Free Consultation

Therapy West Physical Therapy & Sports Medicine offers complimentary screenings! If you've been dealing with pain, don't wait any longer! Spots are limited so call today to schedule your free consultation!

Offer Expires: 8/31/21