



# Mobility in this Joint can be a Reason for Back Pain

Believe it or not, your hips play a large role in the health of your back and limited hip mobility can cause back pain. More than 80 percent of the population will suffer from back pain at least once in their life, according to data from the Centers for Disease Control. It is the price we pay for walking upright on two legs.

However, the majority of back pain is non-specific, meaning that there is not a primary cause, such as a fracture or disc protrusion. In fact, the mobility and strength of your hip joints is often a major player in the cause of back pain.

As physical therapists, we know that a high percentage of people suffering with back pain actually have three common problems or a combination of them all:

- ◆ Poor Posture
- ◆ Weak Core and Gluteus Muscles
- ◆ Poor Hip Flexibility

### How Hip Ligaments Hurt Your Back:

Your hip joints have to travel through a very large range of motion. There are thick Y-shaped

ligaments called the iliofemoral ligaments that surround the hip joints and provide support. However, with prolonged sitting over weeks, months or years, these ligaments tighten, reducing the natural movement of the hip joints.

Whenever you walk, instead of your hips moving naturally, the tightened ligaments pull on your pelvis, which attaches to your spine. This causes inflammation, strain and pain to the muscles in your back. Furthermore, the loss of hip motion can even cause your pelvis to tilt, altering the posture of your spine and increasing strain. Improving hip mobility can relieve back pain rather quickly.

When you suffer from back pain, make sure that you have an expert physical therapist examine at your movement. Even though your back may ache, it may not be the source of your problem.

### Two Simple Tests to See If Your Hips are Causing Your Back Pain

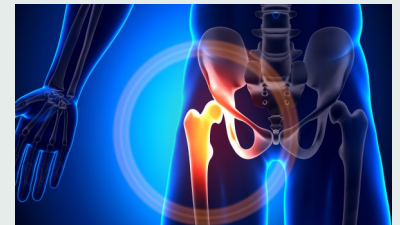
You can easily check your hip motion by performing the following tests. If you discover your hip motion is limited, or you feel pain or strong discomfort, it's time to get your hips checked by our physical therapy professionals. Try this test and see how mobile your hips are:

### 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.

If so, this might indicate limited hip mobility, which can cause back pain across your pain, on one side or on the opposite side.

If you are suffering from back pain or have limited hip mobility, call Loudoun Sports Therapy Center at 703-450-4300 to schedule an evaluation and work with our expert physical therapists and physical therapist assistants to get you moving pain-free again.



## We Take Pride In Keeping our Clinic Clean and Virus Free!

We are following the CDC guideline to keep you safe during your care with us!  
We continue to:

- ◆ Wash our Hands
- ◆ Masks are required for staff and patients
- ◆ Frequently clean chairs, pens, counters, bathrooms, ect.
- ◆ Clean equipment between each use
- ◆ New pillow cases, towels, etc. for each patient
- ◆ And so many more precautions!!

If you have any questions about our #COVID procedures send us a message, or give us a call at 703-450-4300!



## Success at LSTC



### MY FOOT AND ANKLE

“Come to therapy with a boot on. Could not walk without the boot. Therapy loosened up and strengthened my ankle and foot while increasing movement and helping my balance. I can walk and go upstairs.”

~ Donald F.



### NO MORE HIP PAIN!

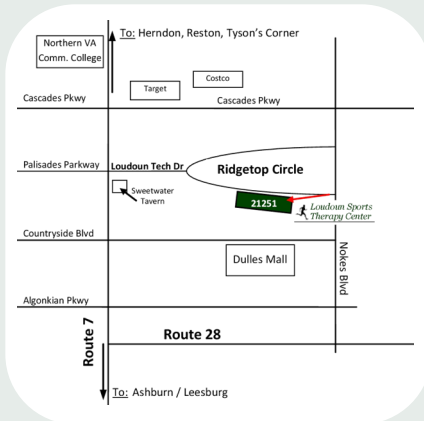
“The physical therapy has helped with pain I was experiencing in my left hip and has helped with back pain over all. Great crew work here. All very friendly and knowledgeable in their work.”

~ Baker J.

## Outpatient Physical Therapy Specializing in:

- \* Lower Back Pain \* Neck Pain \* Sciatica \*
- Hip Problems \* Shoulder Pain \* Bursitis \*
- Tendonitis \* Frozen Shoulder
- Joint Pain and Replacements \* Foot and Ankle Pain \*
- Plantar Fasciitis \* Knee Problems \*
- Arthritis \* Muscle Pains \* Sprains \*
- Strains \* Hand, Wrist, and Elbow Problems \*
- Sports Injuries \*
- Sports Performance Program \* Ergonomics \*
- Runners Program \* Other Conditions

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