

December: Hip joint

The hip joint is located at the center of the body. It has a wider range of motion compared to other parts with a lot of muscle mass. It is the most mobile part in the body. There is a difference between men and women. Men's are better built than women and the range of motion is narrower while women's joint moves wider for the sake of pregnancy and childbirth. For this reason, many patients who suffer pains caused by misalignment or twisting of this part come to us.

● Hip joint may hurt when

- Patient has a diaper on
- Patient is in growth period
- Patient is pregnant
- Patient does a heavy physical work
- Patient is in menopause

Other causes include : drop off from steps or heights, car accident, walk down fast in a downhill, opening legs after a sport etc.

Symptom

There are two patterns of symptoms.

Case 1 Hip joint misaligns outward.

: In this case, either one of your legs opens outward when you lie down.

Case 2 Hip joint misaligns inward.

: In this case, when a patient stands, either of his/her legs looks shorter than the other.

Typical symptoms in Case 1

In early stage

- Patient feel tempted to cross legs
- Patient gets hard time having his/her back straight after a long-time

sitting

- Patient get either one of his/her legs sprained by stumbling in a flat place

- Patient feel comfortable by laying a leg outward while lying down
- Patient gets her skirt spontaneously rotate while walking.

In mid stage

- Patient feels heavy and lose feeling in leg
- Patient gets a stoop
- Patient feels uneasy with standing and get tempted to get seated or leaning

against a wall.

- Patient feels heavy in hip while in a kneeling position
- Patient feels cold in legs or waist especially in winter time.
- Patient feels more comfortable sitting on his/her legs than in crisscross position

In later stage

- Patient gets acute low back pain.
- Young child patient feels heavy in leg and feel too uneasy to stay focused
- Patient can' t sleep well and repeat turning his/her body over
- Patient get hard time bringing legs forward after a long walk
- Patient get hard time standing up after having stayed seated
- Patient can' t get his/her waist straight and walks in kneeling position
- Patient get pain in neck/shoulder by trying to take a balance to offset low

back pain

- Patient feels heavy in leg after a long-distant run
- Patient get wrinkles between brows more visible
- Patient feels very heavy in legs

Typical symptoms in Case 2

In early stage

- Patient can' t get legs crossed.
- Patient walks with inner thigh
- Patient feels heavy in thigh
- Patient get hard time putting socks on

In mid stage

- Patient gets spondylolisthesis.
- Patient get hard time walk in stride
- Patient walks with body leaned
- Patient can' t sleep with legs stretched out.

In later stage

- Patient get pain in hip or pubic bone.
- Patient get pain in tailbone.
- Patient get hard time opening legs in a toilet
- Patient can' t walk smoothly because of pain in leg.
- Patient get the range of hip joint moving narrow.
- Patient can' t stand up by himself from a low chair.
- Patient suffer from a long-lasting acute pain.

Solution to Case 1

We loosen the affected part in patient' s hip joint and get the misaligned joint back to the original position.

Solution to Case 2

In this case, patient typically suffers a harsher pain than Case 1. Accordingly, we will treat the affected part more gently to get the misaligned joint back to the original position. (The longer the patient has suffered from the pain, the longer treatment period of time we will take.)

#### Note

By doing exercise in a bathtub, patient may feel that the pain is relived. However, it is a misperception and the pain may get harsher afterward. It is not recommended that patient does exercise in a bathtub.

#### Treatment process

We will hear from the patient and look into the cause of his/her problem. We will explain the findings to the patient and start treatment under his/her consent.

Also, we will let the patient know which part of his/her body was treated. On some cases, the patient may feel heavy the day after the treatment. We are always open to questions and take a request for the next appointment. After several rounds of treatment, we will give the patient an instruction on how to stretch out his/her body at home for preventing the pain from coming up again.