Pelvis Back & Hip Dysfunction

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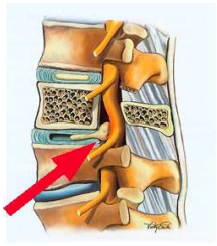
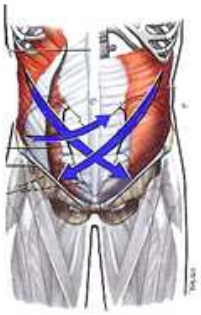
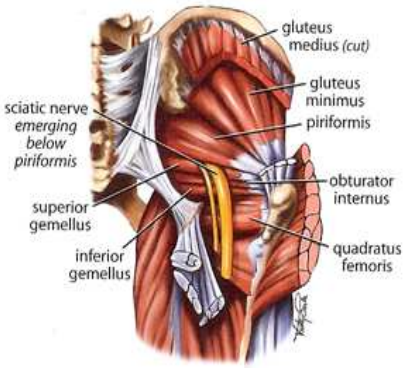


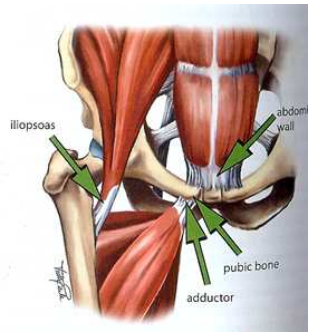
Low Back Pain (LBP) is commonly associated with joint & disc pathology. This can place pressure on nerves and lead to severe pain which can radiate down the leg and result in loss of sensation, reflexes and muscle power. At Back in Business Physiotherapy our aim is to relieve pain, and improve any neurological dysfunction. Additionally, we examine the cause of LBP and it's affect on your movement efficiency.



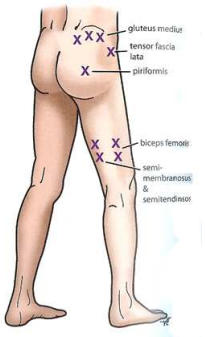
Important causes of LBP are hip and pelvic dysfunction. We consider the pelvis and spine to be held together by muscle slings. These slings constitute muscles of the legs, back and abdominal region. Disc pathology can create weakness in these muscles, but also conversely, weakness in these muscles can lead to asymmetric loading and consequent disc pathology.



Asymmetry across the pelvis and spine can be the result of hip pathology such as muscle tendonosis and/or joint restrictions. At Back in Business Physiotherapy we use assessment and treatment techniques to ascertain the precise nature of the muscles length and strength. Additionally, we examine hip, pelvis and spinal joint hyper and hypo-mobility.



The forces across the hip-pelvis and back not only contribute to painful restrictions of back movement, but they can also lead to pain at the front of the hip and groin. This is particularly common in kicking sports, skiing, climbing and running, but can also occur amongst cyclists. Due to this inter-relationship between nerve, joints and muscles we design exercise programs which specifically target the synergistic motion required to re-gain function.



Techniques used by us include Muscle Energy, Dry Needling (IMS), Massage, Joint Mobilisations, Taping, Bracing, and Electrotherapy. Additionally, the 'inverse dynamics' of the knee and foot on the hip and back will be assessed and treated. The prescription of Soft Orthotics may also be necessary. Due to the unique nature of bipedal movements and its 'inverted pendulum' like action under the feet, the counter-action of arm and trunk pendulum movements require the assessment and integration of the trunk and shoulders into any treatment strategy. Finally, neuro-immune-cognitive factors influence muscle length, strength and co-ordination. Conversely, impaired muscle function reduces vitality and impairs immune function. Hereby, we look at the person's problem in a holistic manner.

Brukner P, Khan K (2007) Clinical Sports Medicine. McGraw Hill, North Ryde, Australia

http://www.back-in-business-physiotherapy.com/muscleEnergy.php