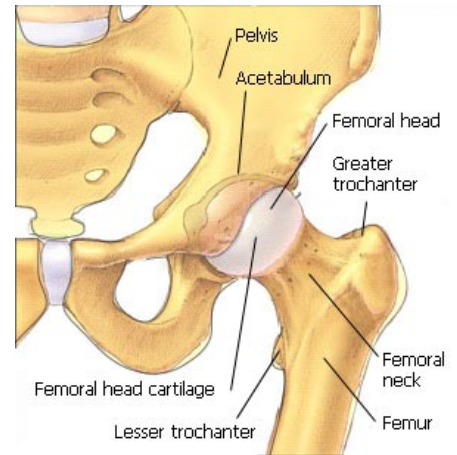


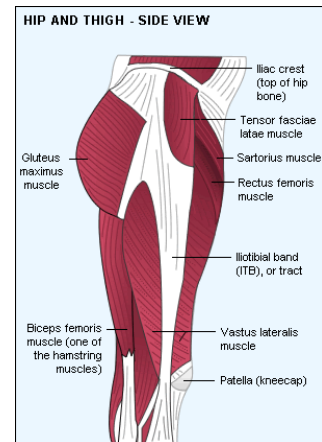
## Hip Pain

Due to the hip being a “ball and socket” joint, it is capable of a wide range of motions in all directions. Daily activities such as bending, walking, kneeling, and lifting create a tremendous amount of force that must pass through this region because the hip joint joins the legs to the trunk. Due to the wide range of motions and forces acting on the hip, the body utilizes an intricate network of muscles to control and protect the hip. These muscles include the Piriformis, Gluteus Maximus, Hamstring, Quadriceps, Psoas, Iliotibial Band etc.



Problems can arise in the hips when adhesions or scar tissue forms on any of the muscles surrounding the hip. Some of the reasons adhesions form include:

- Muscle imbalances or biomechanical imbalances of the sacroiliac joint.
- Increased or excessive physical activity.
- Scar tissue from surgeries.
- Prolonged sitting.
- A foot, ankle or knee problem causing altered hip biomechanics.
- Acute or repetitive trauma.
- Biomechanical imbalances that occur during weight-lifting.
- Running on uneven surfaces (i.e. camber in the road).



These adhesions can cause the following:

- Tightness in muscles resulting in inward or outward rotation of the hips.
- Tightness in muscles resulting in an increased workload for other muscles.
- A shortened muscle resulting in an increase tendon stress (tendonitis).
- A nerve entrapment resulting in numbness, tingling or sharp radiating pain.
- Diminished blood flow to an area.

Conventional treatments tend to have poor symptomatic relief, long periods of treatment, and only temporary results. Conventional treatments fail for the following reasons:

- They treat only symptoms. Medications hide the pain but do not fix the structural problems of the hip.
- Fail to address the root of the problem – the restrictive fibers that bind the tissues of the hip together causing inflammation and increases stress.
- Fail to address the problems of adjacent structures affecting full resolution of the hip problem.

**Active Release addresses the restrictions in the hip and adjacent structures.** When these restrictions are released, it decreases the stresses placed on the muscles, tendons, ligaments and nerves. This allows the area to heal and restores a proper balance to the hip joint. **PAIN USUALLY RESOLVES WHEN PROPER BALANCE IS RESTORED TO THE HIP.**