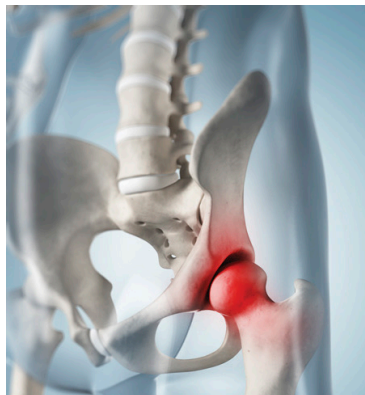


## Are Your Hips Killing Your Back?

Are you like many people, with an aching back at the end of the day or worried about lifting an object due to your back going out? You are not alone, over 80% of the population will suffer back pain at one time or another in their life according to CDC data. 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.



**As physical therapists, we know that a high percentage of people suffering with back pain actually have 3 common problems or a combination of them all:**

- **Poor posture**
- **Weak core and gluteus muscles**
- **Poor hip flexibility**

### **How tight hip ligaments can cause low back pain**

Your hip joints have to travel through a very large range of motion. There are thick Y shaped ligaments that surround the hip joints called the iliofemoral ligaments, which provide support. However, with prolonged sitting over weeks, months or years, these ligaments shrink, reducing the natural movement of the hip joints.

Whenever you walk, instead of your hips moving naturally, the ligaments yank and pull on the pelvis, which is attached to your spine. This causes inflammation, strain and pain to the back muscles. Furthermore, the loss of hip motion can even cause your pelvis to tilt, altering the posture of your spine and increasing strain. By improving hip mobility, back pain can typically be relieved quite quickly.

When you suffer from back pain, make sure that you have an expert physical therapist look at your movement. Even though your back may ache, it may not be the source of your problem. **Call us today to discover how our SPINE Program can pinpoint the cause of your pain, relieve it quickly and teach you how to maintain a healthy spine.**

# How Healthy Are Your Hips?

## Try these simple tests to see if your hips are causing your back pain

You can easily check your hip motion by doing the following tests. If you discover your hip motion is limited, 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

- Sit on the ground 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 pain in the back or hip discomfort on that side.

# HAVE YOU MET YOUR DEDUCTIBLE?

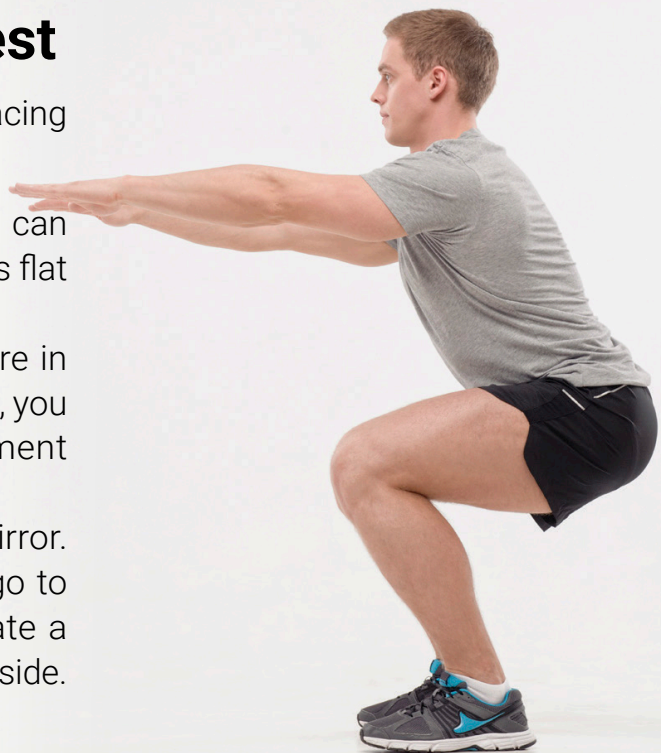
Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches & pains? Need to work on your core? Let us help you get a head start for 2018. Contact us today to schedule your appointment.



## 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.



# YEAR IN REVIEW!

- We have Pankita as a staff therapist
- Tanika greets you at the front desk
- Terrence is our new office administrator
- We expanded office to Suite A & B so we are now in a 4000 sq ft facility
- Yoga classes start December 1st
- Will provide acupuncture soon and more hours for massage therapy
- Continued success with our results and making difference in patients lives



## Patient Spotlight

### ***My lower back pain has disappeared!***

*Success Story: - E.D.R.*

*"I came to iMotion because I was having back pain during my pregnancy. I could not walk without pain going down my leg. Every time I went from sitting to standing, I was in such severe pain I couldn't stand up straight and could hardly walk. I couldn't sit for more than 15 minutes without feeling lower back pain. After therapy, my lower back pain disappeared, I can walk long distance and sit without pain."*



**CALL FOR AN APPOINTMENT TODAY!**

**Fremont: 510-745-7700**

**Los Gatos: 408-637-4777**

# Exercise Essentials

Try this simple exercise to keep you moving...

The exercise below is designed to be performed under the instruction of a licensed physical therapist.

## HIP FLEXION AROM - BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Hold for 30 seconds. Return to the start position with control. Alternate legs.

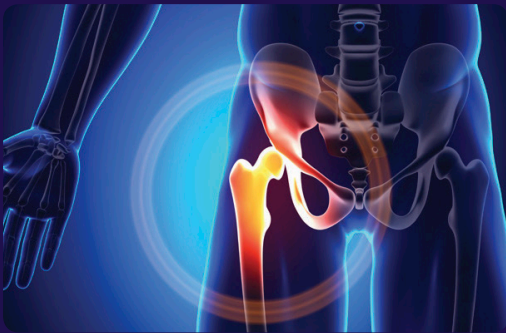
Exercises copyright of



[www.simpleset.net](http://www.simpleset.net)



# Give The Gift of Health



If you know someone suffering with aches and pains give the gift of health. Refer them to iMotion Physical Therapy today. Pass along this newsletter or have them call us directly for a Free Back Pain Relief Consultation.

Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle

  
**iMotion**  
PHYSICAL THERAPY

**REFERRAL  
HOTLINE  
510-745-7700**



**iMotion**

PHYSICAL THERAPY

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Fremont, CA 94536  
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Fax: 510-279-4300

Los Gatos Location:  
14981 National Ave, Suite 5  
Los Gatos, CA 95032  
Phone: 408-637-4777  
Fax: 408-413-1317



Pratik Shah, PT • We take the time to listen to you

- Expertly trained therapists
- Focused on achieving fast results
- We spend time educating you
- Friendly, courteous staff
- On time appointments
- Doctor recommended
- Experts in neck, back & orthopedic care



Sweetie Shah, PT

## Why Choose iMotion PT?

[www.imotionpt.com](http://www.imotionpt.com)