



ARE YOUR HIPS CAUSING YOUR BACK PAIN?

Do you notice your back pain seems to get worse the longer you sit? Do you sometimes feel your back pain in the front or deep in the pelvis? You may be experiencing back pain that is connected to your hips. At Atlanta Human Performance Center, we are skilled at figuring out where your pain stems from to ensure you find relief no matter what!

Over 80% of the population will experience back pain at some point in their life. Unfortunately, most back pain cases are non-specific, meaning that there is no primary cause for your pain. Often back pain is the combination of several factors affecting one another.

With non-specific back pain, there are interconnected factors that contribute to your pain, such as:

- Prolonged sitting postures
- Weak core (i.e., abdominal, spinal, and gluteus muscles)
- Poor mobility of hip, pelvis, and spine

Your hips have a large range of motion that works together with the movement of your pelvis and spine. Prolonged sitting over weeks, months, or years can limit hip flexors and muscle imbalances. These changes affect the natural movement of the hip joints, which in turn cause the pelvis to tilt, altering the posture of your spine and contributing to the development of low back pain.

Luckily, you can feel better by improving your hip, pelvis, and spine mobility. Contact Atlanta Human Performance Center today to find out how!

HOW THE HIPS AFFECT BACK PAIN

Your hips are part of a kinetic chain, meaning they are part of the system of overlapping segments connected via our joints. This system functions whereby movement at one joint affects movement at another joint. This system must work together for your body to function correctly. When one part of the kinetic chain — the hips — is out of balance, stress is placed on another part — the back.

If you are experiencing back pain, the movements in your hip may be the source of the problem. Prolonged positions can lead to restrictions in the hip joint, leading to the muscles surrounding your hip joint becoming tense and painful. If your hip function is abnormal, the mechanics of your lower back may be altered, causing pain in both regions.

If you notice that you are feeling tight or stiff in the hip, pelvis, or spine areas, don't hesitate to contact us as soon as possible to find relief!

HOW PHYSICAL THERAPY CAN HELP

Our physical therapists can help in a variety of ways. We will start with a hands-on evaluation and movement assessment to identify what part(s) of the kinetic chain may be contributing to your pain.

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This will consist of a thorough history to understand the specific movements and positions you need in your everyday life. It is essential to understand the demands on each joint and the overall function of the system.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any pain relief technique at our disposal.

Your physical therapist will then incorporate sport-specific treatments with a “return to sport” progression to assist you in a safe return to training and competition. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY VISITS

The movement screen and postural analysis in our physical examination may indicate an increased lower back curve and abnormal pelvic tilting. These are indications of a dysfunctional kinetic chain.

Targeted manual techniques and specific stretches are used to alleviate the tension of a tight muscle, leading to more significant improvements in range of motion. Once the tight hip, pelvis, and spine muscles are released, strengthening will help ensure the system’s health and function.

If you are looking for a safe and effective treatment method for treating your back pain and figuring out if it originates from your hips, you will benefit from consulting with one of our physical therapists.

CONTACT US TODAY TO SET UP AN APPOINTMENT

Our mission is to help relieve your painful back symptoms while simultaneously improving your hip mobility, strength, and function. Contact Atlanta Human Performance Center today to get started on the first steps toward relief!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7685385/>

https://journals.lww.com/nsca-jscr/Abstract/2019/09000/Effects_of_Myofascial_Trigger_Point_Release_on.18.aspx

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2699456/>

6 Healthy Diet Tips For Summer

1. Swap out snacks for fruits and vegetables. Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.

2. Replace steak with fish. Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish in your diet every week.

3. Reduce your saturated fat intake. Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat include fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.

4. Cut down on sugary drinks. Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!

5. Drink enough water. Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.

6. Don’t skip breakfast. A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

We hope these tips will help you navigate the season and prioritize your health this summer!





HEALTH TIPS

With Dr. Keith E. Evans, MD, PT, DPT, DN CERT. CEO/Director of Atlanta Human Performance Center

Benefits of Stretching

As you age, your muscle tissue actually dries out a little, tightening. This causes a loss of range of motion in your joints and tissues. In addition to the loss of range of motion, it can really limit your active lifestyles and hinder day-to-day, normal motions. Tasks that used to be simple, such as dressing or squatting down to tie your shoes, now become extremely difficult. A regular stretching program helps lengthen your muscles and makes daily living activities much easier.

Everyone can learn to stretch, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. It does not have to involve a huge amount of time, but stretching can end up giving you huge results!

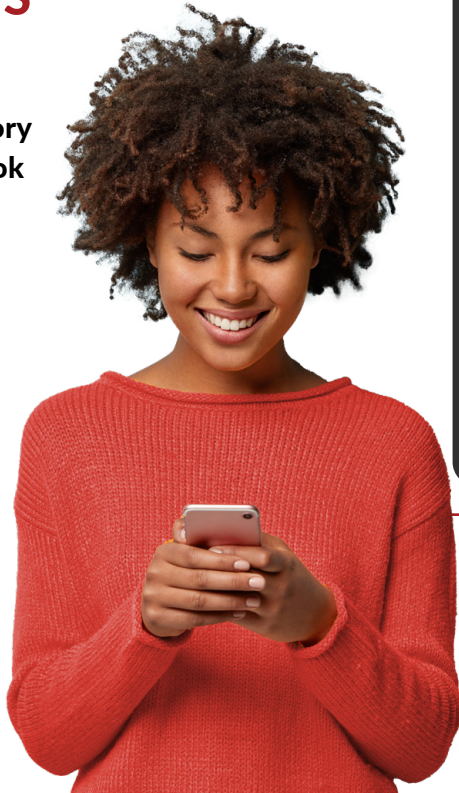
Stretching is a natural part of what we do on a daily basis. You might notice that if you have been sitting in a particular position for a long time, you stretch unconsciously. It feels good! In addition to that good feeling, a consistent stretching program will produce large gains in flexibility and joint movement. Be kind to your muscles and they will be kind to you!

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit www.ahpcpt.com.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS



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Who Do You Know That Needs Physical Therapy?

Do You Have Friends Or Family That Cannot:

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

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



BUDDHA NOODLES

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. shredded chicken
- 2 c. broccoli florets, steamed
- 2 avocados, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. sesame seeds

In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions. Garnish with sesame seeds and serve warm or at room temperature.



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