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"treating the cause of your problem, not just the symptoms"

Treating a Pain in the Butt

Last week I discussed on of the more common causes of dull/achy hip and buttock pain. If you missed that article, it is available on our website: www.merrittchiro.com under the "weekly articles" section. This week I will explain how we conservatively treat this problem without the use of medications.

Once an accurate diagnosis is made, the first steps to alleviate the spasm of the piriformis muscle. This can be done by using deep pressure or massage of the muscle itself. To do this correctly, you must have a good knowledge of the anatomy of the region. In my office, I also use a mild electrical therapy modality called Interferential Current to assist further in loosening the tight muscles. I have included a couple of stretching exercises that I generally have my patients do to speed up their recovery and help prevent it from reoccurring (see diagrams). Of equal importance is how well the hip, low back, and pelvic joints are functioning. If there is a restricted range of motion or mobility of any of these joints, the muscles will have to compensate by working harder as you do your daily activities. This causes chronic muscle spasm and fatigue of the hip and low back muscles, eventually leading to the problem we are discussing. The most successful and safest method to restore the movement or range of motion to the joints I have described is through chiropractic manipulation. Depending on the size, age, and the presence of arthritis, it can be done very gently or even firmly if necessary.

By relieving the muscle spasm and restoring the motion to the joints, you are treating the cause of the problem and not just eliminating the symptoms. Also, if there are activities that your are doing at home or at work that are you think may be aggravating the hip or buttock, discuss with your chiropractor how these things can be changed so they have less of a negative effect.

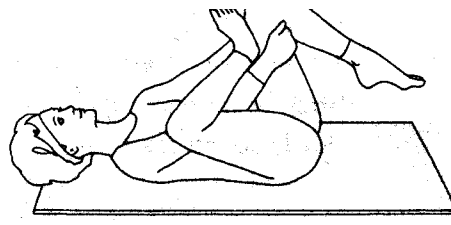


Figure 1 – Place the right ankle on the left knee and pull both legs up toward the chest. Relax your neck and shoulders. You should feel a comfortable stretch in the right buttock. Hold for ten seconds. Repeat on each side four times.

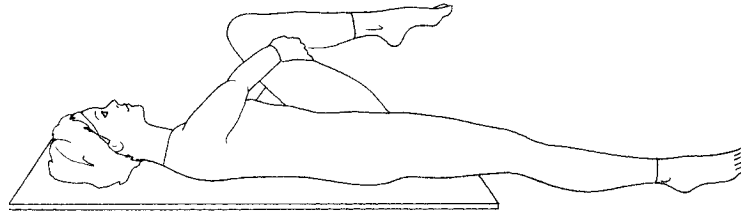


Figure 2 – Lie on the floor with one leg straight and pull the other knee to your chest. Hold for ten seconds. Repeat on each side for ten seconds.