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

One Hip Higher than the Other

Not a week goes by that I do not have someone come into my office and say, "my one hip is higher than the other". Although this is a rather general description of their overall problem, he or she is not far from the truth. When your pelvis and hip on one side of your body becomes elevated, there are really two possible scenarios present.

The first scenario is to do with the joints, nerves, and muscles of the low back and pelvis. Whenever you injure or stress the joints in your low back or pelvis, inflammation or swelling can accumulate in and around the joints. The nerves that exit the spine pass directly beside these same joints, causing them to become "pinched" or irritated. Even the slightest pressure or irritation on any nerve will make it function in a hyperactive state. This simply means that the messages the nerves are sending to whatever they control are being amplified or increased. Amongst many other things, these nerves control the muscles that reach from your low back to the top of your pelvis. When these nerves are being irritated, the messages they are sending to the muscles are amplified. The result is that the muscles on the same side as the injured joints and irritated nerves will pull your pelvis upward. The greater the injury and inflammation, the harder the muscles will pull, and the more uneven your hips and pelvis will be.

The second scenario is due to a poorly functioning "sacroiliac" joint on one side of the pelvis. There is one of these joints on each side of the pelvis and, in conjunction with your low back; they allow you to bend forward and backward. This joint allows the large pelvic bones to "tip" forward as you reach for your toes and backward as you bend backward. If one of the two sacroiliac joints has lost some of its mobility or has become "stuck" in one position (either tipped forward or backward) while the opposite side is able to move freely, the hip and pelvis on that same side of your body will appear higher or lower.

If the first or both scenarios have occurred, you will likely be experiencing pain at the same time. However, if only the second scenario is present, you may not necessarily be experiencing any significant symptoms. In fact, you may only feel a mild stiffness after sitting or after sleeping that dissipates soon after you get up. But, when a sacroiliac

joint is “stuck” or has reduced mobility, it is very prone to becoming injured even with the simplest of movements.

Regardless of what scenario you are in, the treatment in a chiropractor’s office is the same. Chiropractic manipulation is used to restore and maintain proper mobility or movement in the pelvis and low back region to allow the body to heal itself and to prevent any future problems.