



Next Step Newsletter

Next Step
Physical Therapy
(516) 681- 8070

April, 2008

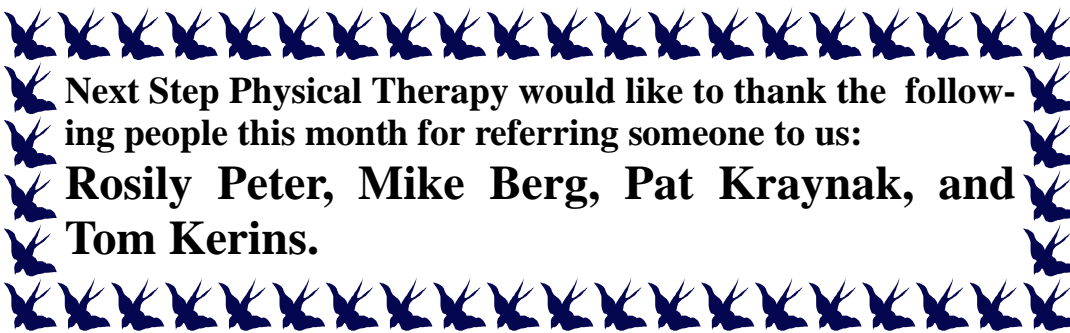
Giving you information and answers to any physical therapy, health or fitness related questions

It's "hip" to know about your hip!

First off, let me apologize for the title of this month's newsletter (I know it's corny). All kidding aside, the hip, while not as frequently injured as some of the other joints, is still worthy of our attention in keeping a healthy musculoskeletal system and body.

Not all hips are built the same. The most obvious example is the differences seen between the sexes. Sometimes women have broader hips, whereas some men seem to have hips that are so narrow that there is almost no difference in contour of the body from the waist to the thighs. That's not all that can be different about hips. Your own hips may not even be the same. What I mean is that your left hip may be very different from your right. One example of this would be a phenomenon known as torsion. Torsion occurs at the femur (the long thigh bone that connects into the hip "socket") and is an actual twisting of the bone. It can twist forward (ante-torsion) or it can twist backwards (retro-torsion). This can happen to both of your hips or just one and it can be a normal structural difference that you were born with or it can occur later in life. If it occurs later in life, it is due to habitual patterns of movements or sustained postures that you perform frequently. Have you seen someone that walks "pigeon-toed", or walks with one foot always pointing sideways. That can be from having torsion at the hip (but there are numerous other reasons why that could be also).

Your hips are also important because the hip muscles also control a lot of motion at the knees. Some of you may remember coming to therapy for a knee problem and being told that you needed to improve your hip (buttocks) muscles. That's because those muscles control the femur (thigh bone) which is not only the bone that inserts into the hip's "socket" but it also forms the top portion of the knee joint (which is called the tibio-femoral joint because it is where the femur and the tibia meet). So now that you know all of this stuff about hips, wouldn't you agree that it's "hip" to know about hips!!!



Next Step Physical Therapy would like to thank the following people this month for referring someone to us:

Rosily Peter, Mike Berg, Pat Kraynak, and Tom Kerins.

D.R. asks" When you see a picture of a baseball pitcher throwing a pitch how come his arm is bent backwards so far behind him? My arm can't bend nearly as far."

Great question!! The answer is very much related to what we talked about in the above mentioned article about hips. The answer is torsion. Retro-torsion of the humerus. Pitchers throw so many balls that as adolescents, their bone starts to twist backwards due to the repetitious forces put on the bone time and time again. Guess what! If you played a lot of overhead throwing sports or your child does, there's a good chance that he/she has some humeral retro-torsion. Not to worry, it really doesn't cause any problem and there is nothing you need to do about it.

Updates

Welcome to the Next Step Newsletter!

Win a pair of movie tickets!!

The first 2 people to call us with the answer to this question wins a pair of movie tickets.

What is it called when the femur twists backward????

- If you have a friend or family member that you think could use our help please let us know or have them call us.
- If you would like more information on any of the topics discussed here please give us a call.
- If you have a question that you would like to have answered (maybe in the next newsletter) please don't hesitate to call.
- What topics are you interested in and would like to see in the newsletter? Let us know.

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