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Pelvic Problems-Hip-Groin-Knee Pain

The pelvis is a region that is responsible for many symptoms that reflect to the abdomen, hip, thigh, and knee. This structure in chiropractic specialties of AK and SOT is given a classification called Category #1, Category #2 and Category #3.

The pelvis is made up of the innominate, the hipbone, composed of the ilium, ischium, and pubis united to form the pelvis by the sacrum and coccyx. The following illustration shows the pelvis from the anterior and posterior views with the piriformis muscle, which help support the sacrum and rotates the hip joint.



The pelvic categories as mentioned are classification of types of distortions that are found in this region. Category #1 is a muscular torque that pushes one innominate forward and the other backwards but the sacroiliac articulation is intact. Category #2 is an osseous distortion of the iliac and sacral (boot) articulation usually one side. Category #3 is the pelvis and its relationship to the lumbar spine, which is a combination of osseous and muscular misalignments.

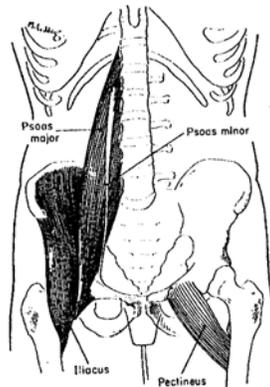
Each of the pelvic categories has commonality of back pain, but each has their own unique symptoms that accompany that particular category. Category #1 pain will be on the involved side near the sacrum. The muscular torque will pull all the way up to the shoulder girdle producing compression of the neurovascular bundle creating a thoracic outlet syndrome. The can cause pain at base of neck and numbness or pain in the arm all the way down to the hand.

Category #2 is a subluxation of the sacroiliac joint, can cause leg pain developing during the night but not during the day. It produces pain on lifting in the mid-thoracic, lumbar, and abdominal region. On the involved side it cause pain in the groin, in to the hip joint and down the thigh to the knee joint to the medial or lateral surface depending on the leg length. The classic sign of the category #2 is pain in the sacrum, which is worse while sitting and feels better standing and walking.

(Over)

Category #3 the pelvic region is intact but the lumbar disc is involved and the facets syndrome known as imbrication. This usually causes a persistent pain that is center at the belt line and will not go away. It can be mild or acute. When standing you feel that you cannot get your pelvic center under the spine or you feel that the torso is jammed down into the pelvis. This condition can effect the hip rotation and might case sciatic nerve pain into the buttocks and down the back of the leg.

The following illustration shows the pelvis and lumbar spine with the muscular support of the psoas and iliacus, and you can see how the muscles hold the pelvis together. The psoas muscle is flexor of the lumbar spine as well as the hip joint. What is most important about the psoas is that it attaches to every lumbar vertebra and every disc and it can effect movement of the diaphragm.



The correction of these pelvic structural distortions is best done with SOT blocks that are place under the pelvic region. This protects the integrity of the lumbar disc from being over stretch with the side posture correction that I described in newsletter-13.

Proper correction of the category #2 will usually eliminate the hip pain, knee pain and thigh pain almost immediately. The final element in treating pelvic/low back condition that should never be overlooked is the nutritional support both to the ligament, tendons, muscles and cartilage that make up these structures.

Since ligaments, tendon, and cartilage have a collagen base increase in vitamin C is necessary for their healing at least 1500 to 2000mg a day. Standard Process's special product myotropin PMG will help in healing muscle injury. Specific vitamin that associated with the organ/muscle connection such as vitamin C, E, and D will shorten the healing time.