

## *The hips are the foundation of the body.*

The hips are the foundation of the body; just like a house which has foundations to keep the walls straight and structurally sound. If your hips are straight, your body is strong because your legs are even in length and your spine is straight.

“9 out of 10 cases of back-pain and additional musculo-skeletal problems are due to pelvic instability (misalignment)” A. Barrie, 2001.

I can teach you gentle and simple muscular exercises to keep your hips in perfect alignment. I only need to teach you one or two exercises that will take you a maximum of two minutes, three times a day to do. These exercises are gentle and will put your hips back into alignment without causing pain or trauma, and without any forceful manipulation or thrusting that some therapist use.

Most importantly these exercises help you to keep your hips in perfect alignment and regain strength and stability in your hips and body. It is easy for a therapist to put your hips into alignment, but this is useless if you are not taught how to keep them in alignment, or are given such complicated exercises that you do not do them.

The two main types of hip misalignment are a one sided “drop” or “twist”.

A “drop” hip misalignment is caused when the ilium on one side has ‘dropped’, due to a weakness in the psoas muscle on that side and / or a tight psoas muscle on the other side. A “drop” results in one leg being longer than the other and therefore this leg strikes the ground when you walk or run before the brain and body aspects it too. The consequences of this are that the muscles in the leg and back are damaged by the shock and the muscles develop in ways that add to the dysfunction of the misaligned hip. Furthermore the spine forms a greater Scoliosis curve and often creates nerve pain and dysfunction in other area of the body: shoulder, upper arm, wrist, neck, skull and more.

A “twist” hip misalignment is a anterior twist of the ilium and is often caused by the piriformis muscle on the opposite side being chronically tight. A “twist” results in the leg on the side of the twist being lifted up towards the head. Simpler problems to the muscles and nerves are caused that are present in the ‘drop’ misalignment. The spine, however, is more greatly affected. Not only is the spine suffering from a side-to-side bend it is now also forced to twist, which exaggerates its normal back-wards and front-wards ‘S’ bend and therefore can create lordosis or kyphosis.

If you have any muscular, joint or nerve problems it is very likely that your hips are misaligned. Call my clinics in Bedford, Dunstable, Hemel Hempstead or me, or email me to book an appointment to learn these simple and gentle techniques that will improve your over all health and well being.

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