

Exploring the Pelvis

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Triad of joints

Your pelvis is definitely one of the most awkwardly shaped bones of the body. Comprised of two bones (to form one pelvis), the pelvis has three areas, each named differently: *the ilium, the ischium and the pubis.*

It also consists of 3 joints, connecting the upper body and lower body. The sacrum is part of your spine, and best thought of as 5 vertebrae all fused together. The sacrum articulates with the pelvis at the *ilium* to form the sacroiliac joint.

There is little movement of this joint but can still be a source of pain when undue stress is added to it, especially during pregnancy.

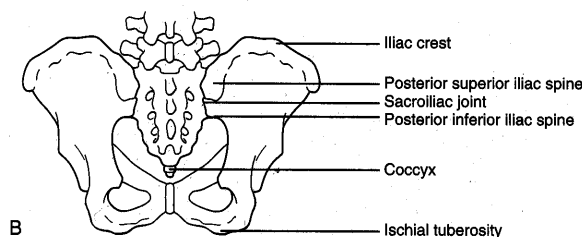
The pelvic bones themselves meet at the pubis and are separated by cartilage. Again, is not an area of great movement.

The final joint that the pelvis is part of is the hip joint. The head of the thigh bone sits in a well-formed groove and allows for quite a range of motion, none the least of which helps us to walk!

As such an important "connection" in the body it is of no surprise that this area can cause quite a number of problems. Both the joints and the muscles that attach to the surrounding bones are both factors that shift and cause misalignments of the body.

Special points of interest:

- Most people have some type of leg length discrepancy (one leg longer than the other). The difference in height means that your pelvis has to shift up or down in order to compensate. If the bones are in a different position while walking the shearing and rubbing can result in pain. You might want to look at getting a heel lift to help balance this out or talk to our Kinesiologist, Keri-Lyn Dudgeon, B.Sc about orthotics.



The Pelvis and Low Back Pain

Problems with the pelvis can manifest themselves in many ways. Trauma, such as falling on your tailbone can cause compressive or shearing forces that strain the ligaments of the sacroiliac joint. Pregnancy can cause joint laxity of the pelvis which results in instability and pain.

Muscle imbalance is another large fac-

tor which can result in either an anterior or posterior rotation of the pelvis which can have effects that reach all the way down to the ankles. An anteriorly rotated pelvis is the most common type. Tight hip flexors (quadriceps muscles and iliopsoas) attach onto the pelvis and when tight, pull the pelvis in a downward motion. This in turn creates a ... (con't on reverse)

A New Face at Back to Health

You may have noticed a new face in the healing halls of Back to Health. Jeffrey King has joined us to take on Trevor's clients and we are pleased to have him join our team!

Jeffrey is a 2001 graduate of Algonquin College's Massage Therapy Program. He has been working in the Ottawa area for the past 3 years. Initially, a background in martial arts led him to an interest in the body and it's workings. This interest resulted in massage therapy as a career choice.

His treatment style arises from an analytical and concrete ana-

tomical base. His clients have ranged from pre-natal to palliative care. For Jeffrey, the most rewarding clients are those that are willing to take an active part in their treatment process.

While being perhaps heavy-handed by nature, the old adage of "no pain, no gain" does not apply. His treatment approach is closer to "minimal pain for maximal gain". Jeffrey works hard to maintain a comfortable, non-threatening environment for his clients. He works with his clients, utilizing their knowledge, skills and comfort level when creating his treatment plans.

Core Stability...Pilates

Pilates is fast becoming a fitness fanatics new best friend. Less aerobic in nature, it outdoes many other conditioning activities when it comes to core stability.

Core stability is the strength that comes from the muscles surrounding the pelvis and lower vertebrae. It's more than just doing crunches to build the abdominals. It targets deeper muscles or different fibers of the superficial rectus abdominus and

obliques. By strengthening certain core muscles the body can maintain better posture, reduce low back pain, and rely less on compensating musculature.



There are numerous instructors and places that now offer Pilates as well as a variety of instructional tapes.

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More pronounced curvature in the lower back. This increased compressive force approximates the vertebrae and can make them impinge nerves or accelerate disc degeneration. The muscles around the spine will also be in a shortened position which leads to irritation, fatigue and soreness. The same types of symptoms can occur when only one side of the pelvis rotates.

Our bodies can adjust to many stresses, so the initial problem may not be apparent until a cas-

cade effect of changes finally results in pain. That's why addressing the symptoms but also identifying the underlying cause is very important.

Just remember, some conditions may have been present in your body for a number of years so treatment will vary accordingly. It probably won't take 2 treatments to get rid of something that has plagued your joints and muscles for several years!