

Hip & Leg Pain

Your hips and legs play such an important part in your life that life becomes miserable when pain strikes!

Legs “work” from the hips and provide our main means of locomotion. They permit us to participate actively in work, sports, leisure time activities, etc. Hips and legs help us bend and stretch; they support our weight.

Legs are “tools,” a near-necessity in the routine of living and making a living. Legs do a tremendous job of functioning as extra “hands” for leverage in opening and closing doors, moving, pushing, pulling, and picking up objects, plus a thousand-and-one other actions and gestures.

And what directs our legs to do all of these things – and more? Nerve impulses emanating from our brains.

With our hips and legs we crawl, walk, ride a bicycle, drive, a car, swim, leap, and climb. From the beginning of man’s history, his hips and legs have been a major key to his survival, even affording him protection as they permit him to run from impending danger.

Everyday, in a multitude of ways, we depend upon our hips and legs.

We depend upon our hips and legs throughout our daily routine - throughout life - more than most of us realize. Millions of individuals must depend upon their hips and legs for many miles of walking each day. Postmen, policemen, office, store, and factory employees, housewives, and students are but a few. The value of these important limbs functioning properly and pain-free is even more pronounced for such people.

And what makes the legs function? Impulses, directed from the brain via nerves!

Painful hip and leg problems.

Hip and leg problems can occur in many painful ways. The miseries of such conditions of lumbago, rheumatism, neuritis, and sciatica are infamous, indeed.

Lumbago and rheumatism both have their effect in the muscles. The hips and lower back (part of the hips) are particularly susceptible to these ailments. Irritation to the nerves which carry vital nerve energy to the hips and legs is the main cause of neuritis. Sciatica is a condition affecting the sciatic nerve, the largest nerve in the body, which controls movement as well as the sensory functions of the hips and legs. Sciatica is an excruciatingly painful condition.

Your pain may start with common activities.

It should come as no surprise that pain so often strikes in the hip and legs areas when you consider the myriad tasks that these body parts are called upon to perform. Lifting, pulling, pushing, straining, accidents, etc., can cause injury to nerves resulting in pain in the hips and legs.

Most have experienced some degrees of hip and leg discomfort due to being forced to sit in a cramped position for a prolonged period of time, perhaps during a long auto or bus trip. This discomfort – if not outright pain – is usually short-lived. But can you imagine having to endure this – or worse – as a constant pain? Many thousands of people do, usually as a result of one or more of the above-mentioned situations.

A fast pace and long working hours – even mental exhaustion – can result in spinal stress which may irritate nerves. This can produce an almost unbearable pain in the hips, thighs, and lower legs. And severe irritation due to misaligned vertebrae and discs may even cause paralysis.

No wonder thousands of people take tons of dangerous pain-killing drugs each year!

How chiropractic can help!

The Doctor of Chiropractic is concerned with the effects of spinal misalignment on the nerves that carry health-giving energy to every cell of the body. If vertebrae and the disc between them are subluxated (misaligned) they can pinch and irritate the nerves that branch out from the spinal structures; then some part of the body will be in trouble.

In specific problems with hips and legs, the nerve pressure is often found anywhere in the spine, even as high as the first vertebrae in the neck!

Chiropractic helps nature in relieving and healing hip and leg pain.

Today’s chiropractor has had at least six years of specialized college training plus valuable practical experience. A thorough knowledge of the spinal column and the body’s nervous system enable the chiropractor to examine and locate the exact point of nerve impingement. Proper adjustments can relieve the nerve pressure and return the normal flow of nerve energy to the affected areas. Thus, nature’s wondrous healing process can begin and blessed relief from hip and leg pain follows.

Delay may make hip and leg pain become worse.

If you suffer from lumbago, rheumatism, neuritis, sciatica, or any other hip or leg problems, ask your chiropractor to examine your spine and nervous system. If indicated, the chiropractor will provide spinal adjustments which can restore vital nerve energy to those affected parts. Once the nerve interference has been removed and the normal flow of nerve energy has been restored, nature can go to work and promote healing from within.

Yes, chiropractic can help nature relieve and heal ailments that cause hip and leg pain. But remember, delay makes any condition worse. So seek a chiropractic examination immediately to see if yours is a condition which comes within the range of chiropractic science, one that may have been overlooked for too many months – or perhaps years!

Don't suffer needlessly another day. Consult your Doctor of Chiropractic TODAY!