

PAINFUL HIP AND LEG PROBLEMS

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

Lumbago and rheumatism both have their effect in the muscles. The hips and lower back 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 leg areas when you consider the lifting, pulling, pushing, straining, walking, running and the bumps and bruises these body parts perform and endure on a daily basis. Most of us have experienced some degree of hip and leg discomfort due to being forced to sit in a cramped position for a prolonged period of time. This discomfort - if not outright pain - is sometimes short-lived, but many people endure this on a constant basis. A fast pace, standing and sitting, working long hours, and mental exhaustion, can result in spinal stress that misaligns vertebrae and discs, irritating nerves and causing unbearable pain in the hips, thighs, and lower legs. No wonder thousands of people take tons of dangerous pain-killing drugs each year!

HOW CHIROPRACTIC CAN HELP

Chiropractors are concerned with the negative effect that spinal misalignments have on the nerves that carry health-giving energy to every cell of the body. If the vertebrae and the discs between them are misaligned, they can pinch and irritate the nerves that branch out from the spinal structures, which can then cause radiating pain to the hip and leg. Often Nerve pressure found in the lower back will be the cause. Chiropractors have years of specialized training and a thorough knowledge of the spinal column and the body's nervous system enabling them to examine and locate the point of nerve impingement. Proper adjustments can help relieve the nerve pressure and return the normal flow of nerve energy to the affected areas. Thus, nature's wondrous healing process can begin from within. So, if you are suffering from lumbago, rheumatism, neuritis, sciatica or any other back, hip or leg problems, see a Doctor of Chiropractic and get on the road to wellness.

Dr. Larry Bridge is a resident of Stanly County and practices at Montgomery County Chiropractic Center with offices in Albemarle and Troy. He is board certified in Acupuncture and has more than 8 years experience using Decompression Traction in the treatment of disc and nerve problems. For more info and past articles visit his website www.DrBridgeChiropractic.com or call 704-982-2102.