

Keeping Heal tHy Hips– *By AndreA PosAdA, sPT*

The hip joint is a strong and stable multi-axial ball and socket joint. It is surrounded by several muscles and ligaments that help to support and move 2/3 of your body weight during standing, walking, running and other weight-bearing activities. Therefore, it is important to maintain a healthy weight to prevent putting an excessive load on your hips throughout the day.

A sedentary lifestyle may cause tightness in many areas of your body including your hips. They cause your hip flexors to become tight sometimes leading to hip pain and malalignment. Hip pain may be felt as minor aches and tightness in the groin area or buttocks.

In addition, tight hip flexors may also lead to you experiencing low back or knee pain. Therefore, prevention is the key in order to maintain healthy hips. This involves adopting an active lifestyle into your routine.

Prevention strategies for healthy hips involve stretching and strengthening the hips and surrounding musculature. It is also important to keep in mind that when beginning an exercise program, a warm-up along with a cool-down post-exercise should always be included. Some muscle strains and tendinitis can be the result of inappropriate stretching, warm-ups or cool-downs.



Stretching the hip flexors, hamstrings, inner and outer hip musculature are all beneficial to maintaining the hip muscles balanced and at their appropriate length. Also, strengthening exercises for the hips along with the legs will help to take some stress of the hip joint which may help in the reduction of hip pain. Some activities to help prevent hip problems include swimming, aquatic exercises, bicycling and yoga.

In addition to exercise, it is essential that you protect your joints by being aware of proper methods for bending, lifting, reaching, sitting and standing. Poor body mechanics also play a huge role in joint pain so awareness of your posture during different activities is important to keep in mind. Avoid staying in one position for a long time and always balance activity with rest.

Healthy hips are possible to keep if you maintain a healthy weight, adopt an active lifestyle and protect your joints with proper body mechanics during your daily activities. However, if you are currently suffering from hip pain, physical therapy may be an option to consider. A physical therapist will perform an evaluation in order to create a specific intervention for your personal needs in order to decrease joint pain and stiffness, improve mobility, control pain and maintain function.

References:
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EATING FOR PELVIC FLOOR DYSFUNCTION

By Stacey Grant, Nutritionist, Fabulously Healthy You, LLC

There has been a noticeable upswing of nutrition information available to consumers over the last decade and with good reason. As some of us know, proper nutrition can not only manage chronic diseases but prevent their development and progression as well. Individuals suffering from conditions such as celiac disease, lactose intolerance, hypertension and diabetes are commonly assigned to specific diets that help them manage their disorder. However, did you know that Pelvic Floor Dysfunction could also be helped with diet modification?

The primary key to managing PFD through diet is to have a general understanding of your gastrointestinal system and the foods that stimulate it, therefore impacting your symptoms. Secondly, it is also important to become familiar with the forms of fiber and their role in accelerating or decelerating digestion.

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Digestion, the process by which we ingest, metabolize and absorb food, is generally made easier by a fiber rich diet. Other benefits of fiber include increased satiation and the management of conditions such as diabetes, heart disease and irritable bowel syndrome. The U.S. Dietary Guidelines recommend a daily fiber intake of 20 to 35 grams of both soluble and insoluble fiber. Despite such a small recommendation for daily fiber intake, most Americans do not meet their daily fiber requirement because of low fruit and vegetable consumption.

Insoluble fiber is found in the husks of seeds like whole wheat and also in the stalks of leafy green and root vegetables. It does not break down easily in your digestive tract and as a result accelerates laxation and adds bulk to your bowel movements. Soluble fiber is found in the skin of fruit, berries, and beans and in vegetables like cauliflower, broccoli and cabbages. This type of fiber slows down digestion by forming a viscous gel in the intestine and slowing down the transit time of food. PFD patients who suffer from active diarrhea and abdominal pain should limit their intake of fiber in general and insoluble fiber specifically. Foods that worsen diarrhea include coffee, dates, fried foods, honey, sugar free gums and candies and juices like apple, prune and pear juice; beverages that are sweetened with fructose should also be avoided. Instead, diarrhea sufferers can decrease symptoms by eating low fiber foods like bananas, applesauce, barley, oat bran and oatmeal, boiled rice, peanut butter, tapioca and yogurt.

Stacey Grant owns Fabulously Healthy You, a company that provides nutrition and fitness coaching as well as healthy meal delivery services.

She is a certified personal trainer and nutrition counselor.

New York University- MS (pending)

New School University-BA



Bienvenido

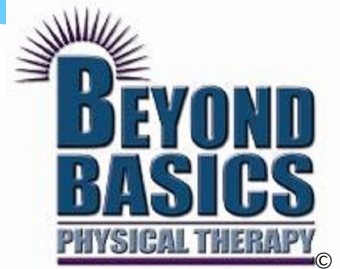
**MICHELE MCGURK JOINS
BEYOND BASICS!**



Michele McGurk, a native of Ireland, graduated with a B. Sc in Physical Therapy at the University College of Dublin, Ireland in 2001. She has had a special interest in the evaluation and treatment of pelvic pain for the past 10 years.

Michele moved to the U.S in 2003 and has gained extensive experience and training in orthopedics, sports medicine, manual therapy, women's and men's health. She received her pelvic floor education through the Herman and Wallace Pelvic Rehabilitation Institute.

Since 2007, Michele has also integrated an osteopathic approach to her manual therapy techniques using Craniosacral Therapy (Upledger Institute) and Visceral Manipulation (Barral Institute). She has found that these techniques have been helpful for treating many disorders including neurological conditions, musculoskeletal problems, chronic pelvic pain, endometriosis, fibroids and cysts, bladder issues, post-operative scar tissue, fibromyalgia and IBS.



If you suffer from constipation as a result of PFD, a gradual increase in fiber consumption can alleviate symptoms by accelerating bowel movements. Since high fiber foods can cause gas, it is important to increase your intake slowly as tolerated and supplement with water. Beyond Basics recommends that you try a fiber supplement. You might also try a natural fiber supplement like psyllium husks.

Caffeine intake also impacts PFD because it stimulates gastric and urinary movement. Those who suffer from bladder complications such as incontinence and irritation should choose non-caffeinated and non-acidic beverages that might cause frequent bathroom visits and increased bladder pain. It is also recommended that other stimulating foods such as peppers, some alcohols and citrus fruits be avoided for those suffering from increased bladder activity. As a general rule, the Pelvic Floor Dysfunction diet is not unlike other healthy eating patterns that emphasize increased fruit and vegetable intake. In fact, modifying your diet may not only alleviate chronic symptoms but can yield a myriad of additional benefits to your overall health.

Michele strongly believes in combining all of her skills to promote awareness, wellbeing and healing of her patients and feels very fortunate to have the opportunity to grow and continue her education with the talented staff at Beyond Basics Physical Therapy.

Beyond Basics at the Revlon RunWalk in Times Square with friends and family

