

kw health connection
chiropractor • naturopath • massage

Don't be a pain in the buttocks

As the temperatures start to rise, and the sun starts showing its face again, the outdoor enthusiasts are starting to pull out the running and hiking shoes and tune up the bikes. Whether you took the winter season off or spent more time indoors on a treadmill, now is the time to make sure your running or cycling gait (our posture as we move) is good enough to prevent injury.

The glut medius, one of your buttocks muscles, is one that should be considered in every running and cycling injury. The glut medius is normally a major abductor of the thigh (moves the leg out to the side) and also rotates the hip.

During closed kinetic chain actions, such as the stance phase of running, the normal role of gluteus medius as a mover of the hip is reversed. It now acts as a pelvic

stabilizer. It is not surprising then that a weak glut medius muscle will cause injury when you consider that during running you are always either completely in the air or dynamically balanced on one leg. The same principle applies while cycling, especially when standing off the saddle for difficult climbs or while absorbing the bumps on mountain bike single track.



If there are any imbalances with your glut muscles, the mechanics of your running or cycling will change. This will cause added

stress to the musculature surrounding the hip, knee, pelvis and low back, leading to injury and pain or discomfort in any of these areas. Certain adaptations that can occur will even place the individual at a higher risk of shin splints and Achilles tendonitis.

If you are experiencing any pain while you start back into your running or cycling programs, you should have your glut medius function analyzed both dynamically and manually. Video gait analysis combined with a strength and functional anatomy exam will help you zero in on the cause of the muscle imbalance.

Correcting these imbalances and faulty gait mechanics early will greatly decrease your risk of injury and will allow you to enjoy a full season of your favourite outdoor activities.



Ways to Improve Your Hip Strength

KW HEALTH CONNECTION OFFERS

- CHIROPRACTIC CARE
- NATUROPATHIC CARE
- MASSAGE THERAPY
- REFLEXOLOGY
- COUNSELLING

A few good hip strengthening exercises should be incorporated into every workout program. For distance athletes especially, this would rank up there in importance with complete core strength and endurance.

Here are some exercises to try that specifically target the glut medius. Keep in mind that all injuries should be professionally assessed and treated before commencing any rehab exercises.



Lateral band walk



Single leg squat



Side lying abduction

KW HEALTH CONNECTION

417 King Street West

Kitchener, ON

Phone:

(519) 576-2222

E-Mail:

info@kwhealth.ca

Check out our Blog at:

www.kwhealth.ca

Your Connection to Living Well

Now that spring is here, it is time to get outdoors and enjoy the fresh air.

Spring is about rebirth, renewal, and resurrection of our goals we set back in January.

This month, we at the clinic would like to challenge you to take a 20 min walk everyday with your spouse, a friend, or pet. A walk a day keeps the stress away. Get outside for a breath of

fresh air to refresh your mind, body, and spirit.

Try walking around your neighborhood to start off with, then maybe venture out within the area and try to find new places around your community. When you really feel adventurous, get out of the city and explore nature first hand. Nothing is more beautiful than the season of spring. So get outdoors and enjoy becoming healthier.



Your Health... Your Recipe! Sunbutter Pita – Breakfast Pizza

Ingredients

- 1 - 4 inch breakfast pita, such as Muesli or Morning Grain
- 1.5 tsp of Sunbutter (Tahini or Peanut butter)
**Sunbutter & Tahini are peanut butter substitutes*
- ½ tsp of all natural local honey
- 1 tbsp of cereal of choice
- Cinnamon

Perfect for breakfast, its fast, easy, and less than 400 calories. Can also be a perfect snack after being active because it is a great way to refuel the body with essential nutrients.

How to Make:

1. Begin with your 4 inch breakfast pita
2. Spread evenly with 1.5 tsp of sunbutter, tahini, or peanut butter
3. Drizzle with ½ tsp of your all natural honey (Unrefined honey is best)
4. Sprinkle with 1 tbsp of cereal of choice (best to include something wholesome, like Harvest Crunch)
5. Top with a generous sprinkle of cinnamon (Helps reduce blood sugar levels)

**Can-Fit Pro Magazine, Sept/Oct 2009, pg 38.*