For over a century, chiropractors have shown that there is an intimate relationship between spinal health and hip, sacroiliac and leg problems.

You sit on them, need them to walk (your legs connect to them) and they provide an attachment for dozens of muscles and ligaments. They are your hips—a masterpiece of engineering.

But like any precision instrument, if they’re not fitting just right, all kinds of problems could arise. Do your joints “click” when you walk? Do your feet flare out or in? Does one leg appear shorter than the other? Do you have leg, knee, buttock, hip or low back weakness or pain? If you answered yes, it’s time to get a chiropractic checkup.

Chiropractors Correct Subluxations
Subluxations are a distortion, jamming or locking of your body structure that irritates, pulls or compresses (“pinches”) your nerves; unbalances your posture; weakens your discs; stretches your ligaments, tendons and muscles and can upset your general health. As terrible as all this sounds, many times subluxations are often initially painless. You may have one right now and not know it.
Chiropractic care is particularly helpful during and after pregnancy. Chiropractors have noticed that a properly aligned SI joint, hip and spine helps ensure a more comfortable pregnancy and a safer and easier delivery and post-partum recovery.8-10

**Children’s Hip Problems**

Since childhood is a very physical time full of falls, accidents, cuts, scrapes and occasional serious injuries, children should have their spines checked regularly, including their hips, their leg lengths and their SI or sacroiliac joints by a doctor of chiropractic to ensure they are free of subluxations. Chiropractors and body workers have often observed that a stressful birth can damage a child’s spine and body structure and can cause problems in adult life if not corrected.11-15

Chiropractic checkups should be part of your family’s healthcare regime. This is especially important for children since sacroiliac and lower back problems may have their origins in childhood.

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## References


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Pregnant women should definitely have a chiropractic exam since the stress of pregnancy and trauma of childbirth affect the hips and entire spinal column.

Why wait for a problem to arise? See your chiropractor for a checkup now.

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PUBLIC領域に載せる際は本文の内容を適切に強調し、必要な補足情報を付け加えてください。