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**Print for Yourself & Friends!**

**(815)467-0656 Minooka**

**(815)584-1100 Dwight**

**Dr. Michael Smith DC, DACRB**

### **Cash or Credit Fee Schedule**

\$25 Exam

\$30 Spinal or Extremity Adjustment

\$35 Acupuncture

\$25 Massage \$10/\$30 Dry Needling

\$175 Custom Foot Orthotics

**Walk-In, No Appointment**

### **Chiropractic treatment of: Hip Pain**

The hips are weight bearing joints, and all the weight above the waistline is supported by the hips. When a person stands, walks, or runs, the weight bearing joints of the body are subjected to external forces and repetitive motion. A runner, for example, takes an estimated 1500 strides per mile, and a force of two to three times the body's weight must be effectively absorbed through the lower extremities with each step. The weight of the body is supported on just one limb through 50 % of the gait during which time the muscles of the hips must contract to keep the torso from falling to the opposite side.

The body can usually deal effectively with gravity and heel-strike shock if it is in good health and has a stable posture. When postural imbalances and/or misalignments are present, these forces can gradually cause a variety of painful conditions to develop in the hip, knees, or lower back. Effective treatment requires a comprehensive evaluation of the leg and lower back, and an individualized program to restore normal hip function.

#### **HIP BURSITIS**

Pain in the hip can manifest from Bursitis. The bursa is a fluid filled sac designed to cushion tendons or muscles from harm by rubbing against bony prominences, like at the outer hip. Sometimes, the bursa becomes swollen due to direct trauma or from muscle and joint dysfunction that develops quietly over a long period of time. The hip pain can come and go, and seem to be getting better but not really.

A customized Chiro25, Ltd treatment plan with Chiropractic Adjustments of the hip can improve hip function and remedy hip pain. **Consider an expert chiropractic evaluation at Chiro25, Ltd today if you suffer from hip pain. We have helped many with hip pain.**

For **Help** with your **pain** and **activity limitations**, consider **Chiro25** today.

This information is to educate and inform, and is not a substitute for the advice of a licensed health care provider. Seek prompt attention for any specific health issue, or before starting an exercise and/or diet program.

Stop by today or visit our website at [www.MyChiro25.com](http://www.MyChiro25.com) for more practice info.

Michael S. Smith DC, DACRB, CCEP, CSCS

**Affordable, Convenient, & Prompt**