



Joined at the hip?

FAI - Femoracetabular Impingement Mechanism (Quite a title !) is the banner title for all things “mismatching” in the hips. Mechanical contact between the socket of the hip (acetabular) and the neck of the thigh bone (Femur) can lead to osteo-arthritis, alterations in posture, instability in the knee and ankle and can affect anatomical behaviour further around the kinetic chain.

We have witnessed a 50% increase in clients with FAI over the last 10 years at NIHP. The majority of these have an insidious onset with no obvious incident. The functional observations and client experience involve

24/7 discomfort - not outright pain. No position provides entire relief.

Heat across the groin, buttocks, thigh, lower back. A “C” shaped presentation from the posterior pelvis to the front of the pelvis. Imagine you were doing the “Time-Warp” from the Rocky Horror show - Where your hands are on the pelvis is the pattern of referral!

May have sciatic type symptoms and feel a pull in the conjoined tendon of the hamstrings along the posterior chain to the achilles.

Audible clicks and temporary episodes of instability.

Often present with a TMJ element and facial pain amongst various intermittent and “weird” muscular cramps globally as the body attempts to compensate, stabilise and function.

As expected FAI can affect sport, hobbies, sleeping, walking, sitting comfortably, Visceral elements and digestive function.

As Bowen Therapists we know we don't approach the person with a procedural attitude once we have flown the nest of becoming certified (as a practitioner that is) and with FAI there are a multitude of components that bring the client to clinic, including a dose of their behaviour patterns.

Today's FAI client in NIHP.... "When facing a situation where I need to "get up and go" either physically or mentally to complete a challenge I unconsciously drew my right hip up towards my right shoulder and held the tensional pattern here for 30 seconds easily before I became aware and dropped myself out of it. I only became aware because it was observed by the practitioner in my Bowen session". I can now consciously take myself out of the pattern that is bringing my thigh into my hip joint and creating pain when I walk. . KK. Durham . September 2016

Alongside some postural input, re-patterning and Bowen that matched K's functionality we had K comfortable after 4 sessions with activity she can do actively in her life to maintain the behaviour that helped.

Join us on our Sports Workshops to gain the knowledge and "goggles" to witness and help FAI and many other presentations that need us to look at the whole person's function, restoring your client's individual movement pattern and neural integrity with a view to lift clients into a more comfortable life, aware of their physical behaviour and activity.

Find out the course dates and locations by clicking on the website address below.

www.thebowentechnique.com...

Paula Esson.
CBS Principal.