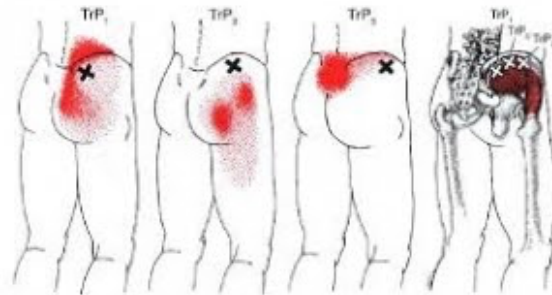


East Village
ACUPUNCTURE
& **MASSAGE**

Low back pain – gluteus medius

Tension and trigger points in the gluteus medius muscle is one of the most common causes of low back pain, see the above illustration of the muscle and its pain referral pattern. The gluteus medius is lateral and deep the gluteus maximus muscle and is responsible for stabilizing the hip.... it provides a counterbalance when we walk and is the reason we don't just tumble over to the right or left when we transfer weight to that side. Our bodies depend on its use fairly heavily and it's not uncommon for it to tweak out a bit and require treatment. After having your acupuncturist release the trigger points for you with needles, here's what you can do at home to help.



- **Apply heat** — a hot water bottle or heating pad and/or a hot bath (add Epsom salts if you have them) helps the muscle tissue loosen up. The warmth encourages the softening of muscles tissue and allows the blood and Qi to flow more freely through the tissue to encourage healing.
- **Gentle stretches** — sukhasana is a wonderful yoga stretch that can be done to ease the glute medius open a bit. It's a simple cross-legged seat. Sitting on a few blankets or a bolster or a block, cross the legs similar to what you would do when you were in kindergarten, but make legs a little "tighter and squarer". Do this by scooching the feet

away from the body so the shins are directly parallel with each other and the ankles are directly beneath the opposite knee. From here, keep a straight flat back and slowly crawl fingertips away from seat until you feel the stretch at the outside of the hips and hold this position while consciously breathing for 20 -30 seconds before releasing. Repeat. Switch orientation of legs and repeat stretch in position twice more. See video on our website for tutorial.

- **Take position of constructive rest** — constructive rest is a position that allows most every muscle in the body to relax. It's not about stretching but just giving the body an opportunity to fully melt. It's a great position to practice conscious breathing, which further encourages our muscles to relax and reset themselves. Lie down with the back on the floor, comfortably supporting head with blanket, bolster or pillow. Bend knees towards ceiling and place feet flat on the floor hip width apart slightly wider. Knock the knees together at center line allowing them to fully support each other's weight. Cross arms across chest so elbows are one atop comfortable draped over torso or place the hands on the rib cage allowing the elbows to be supported on the floor. Release fully the weight of all joints, muscles and bones, practice conscious breathing. See video on our website for tutorial.

With these tips keep potential pain from the gluteus medius at bay. Remember, heat is better than ice for chronic nagging muscle pain and through stretching and conscious relaxation we can help give our bodies a chance to heal themselves. And of course, regular acupuncture will help ensure Qi and Blood flow properly through potential problem areas. Keeping you happy, healthy, and as pain free as possible!