

Qi Gong for Hip Pain

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When people say they have hip pain, they could mean the front of the hip (the front of the pelvis or any of the muscles attached to it), they could mean pain on the back side of the hip (the buttocks muscles or sacroiliac joints), they could mean pain between the lower ribs and the hip, or they could mean the actual hip joint (head of the femur) such as arthritic pain. Each kind of pain needs specific attention to its cause, whether it is from an accidental injury, repetitive motion injury, joint or muscle degeneration, or even emotional stress.

Unless there is an injury that prohibits movement, it is important to move the hip joints in order to keep circulation good and promote healing. When the hip is in pain, people often avoid using it but this only makes the problem worse. Blood and energy need to get into the hip to promote healing. Tightness in the muscles that support the hip can aggravate hip pain or even be the cause of the pain. It is important to keep moving the hips in order to reduce the tightness and promote circulation. The following is a simple exercise to improve circulation without straining the joint.

"The Grape Stomp"

Stand with the feet shoulder width apart and the toes pointed forward. You can also

hold onto a chair or railing for stability during this exercise. Bending the right knee, pick up your right foot and turn the foot out to the side and place the foot down again. Bending the right knee again, pick up the right foot once more and turn it inward toward the other foot and place it down again. Repeat using the right leg several times then switch to the left leg. Do this exercise several times per day.

According to Traditional Chinese Medicine, sometimes hip pain can relate to an imbalance in the body's energy flow. The following exercise helps increase the energy flow through meridians that run through the hip area, specifically the Liver and Gall Bladder meridians. Because of the improvement with energy flow from this exercise, it also helps with a variety of other health issues that relate to the Liver and Gall Bladder energy: problems in the abdomen such as liver, gall bladder, stomach, spleen, pancreas, intestines, reproductive organs, acid reflux, PMS, autoimmune problems, weight, fatigue, diarrhea, and constipation. Emotionally it helps anger, frustration, stress, depression, anxiety, and feeling "stuck".

Springtime Qi Gong for the Hip

Stand with feet shoulder width apart. Place hands by the hips with the palms up. Inhale as you circle right hand out to the right side and all the way up and continue circling over to the left. Now, exhale as you bend at the waist and make the following sound "Tshhh" like water hitting a very hot frying pan, and touch the inside of the left leg with the right hand. Bend only as far as feels good without any

strain. You are not trying to increase your range of motion, just getting the energy flowing. If your back or hip is causing you pain, you might not bend much at all. The exercise will still help. When you finish exhaling with the "Tshhh" sound, then inhale as you straighten back up to the original position with your hands by your hips. Exhale as you relax. Repeat to other side. Always alternate sides even if only one hip hurts. Do this exercise several times per day.

Emotions and Hip Pain

As I mentioned above, energy imbalances in the Liver system can easily give rise to hip pain. The emotion most associated with the Liver is anger. If a person feels a lot of anger, frustration, or resentment and they hold that emotion in, the Liver energy will become unbalanced and many different health issues will arise - hip pain being one of them. Another emotional component of hip pain has been suggested by Louise Hay, a world renown expert on body/mind connection. According to Hay, hip pain can be a result of deeply held, usually subconscious, fears related to "moving forward" in life in a metaphorical sense. Hay recommends repeating positive affirmations to re-program these subconscious fears. Her affirmation prescription for hip pain from her book, Heal Your Body, is "I am in perfect balance. I move forward in life with ease and with joy at every age." Repeating this affirmation several times daily can be quite helpful in reducing hip pain.

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