



# John Gifford, LMT, CBPM, BCTMB

Bonnie Prudden Master Myotherapist® & Exercise Therapist® • Licensed Massage Therapist  
Clinician • Professional Speaker • Self-Care Training and Continuing Education Provider



[johngifford.com](http://johngifford.com)

## Nursing Hip Pain

She was about to do the unthinkable. How could it have come to this? Maybe no one would see. She had heard of other people getting to this point in their lives, but certainly not her. In private life Barb was the mother of three beautiful children, married to a man whom she would choose above all others again and again. Professionally, her vocation was to educate women about their bodies both as a nurse in a progressive birthing center, and as a college level educator teaching nursing students clinical obstetrics. Extremely physically active, always looking forward to the next physical challenge, she now found herself, with great reluctance...taking the elevator.



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*"Watching her limp into my office for her first visit, I suspected that a small muscle in her hip was causing Barb's symptoms."*

-John C. Gifford  
Owner, Motionwise®

Usually when people think of the gluteal muscles they think of the large gluteus maximus (place your hand in your hip pocket and you've found it). With pain in the lateral (outer) hip area, however, the smaller gluteus medius is often the major player. *Try this: While standing, push your thumb into the side seam of your pants two to three inches below your beltline and raise the opposite foot.* The muscle that tightened under your pressure is the gluteus medius and if it becomes too tight, pain in the outer hip is

often the result.

When the hip pain started a year earlier, she found it increasingly difficult to jog up the three flights of stairs to the birthing center had to use the handrail with more dependence as the months progressed. An orthopedic surgeon, a chiropractor, and multiple massage therapists seemed unable to affect the continued progression of her hip pain. "I felt like my days of being physically active were coming to an end and there was nothing I could do about it," she vividly remembers. Watching her limp into my office

It turned out that Barb's gluteus medius was extremely tight and very tender to palpation (hands-on examination), suggesting that trigger point work combined with some massage and stretching could be of benefit. How is she now? Well, if you happen to see Barb at the birthing center and you offer to hold the door of the elevator for her...don't bother. She'll take the stairs, thank you very much. Till next time,



John Gifford has performed over 40,000 sessions as an approved provider of sports massage and a unique style of bodywork called Bonnie Prudden Myotherapy® and Exercise Therapy®. His mission as a clinician, lecturer, consultant, and author is to empower people to lead more active, successful, and fulfilling lives through the reduction and prevention of their muscular pain and tension.