



If You Have Knee, Hip or Back Pain, Your *Butt* May Be To Blame

Experts say “Dormant Butt Syndrome” affects millions, caused by weak glute muscles

The Ohio State University Wexner Medical Center

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SUGGESTED TEASE	IF YOU'RE ONE OF THE MILLIONS WHO SUFFERS FROM KNEE, HIP OR BACK PAIN, YOUR PROBLEM MAY ACTUALLY BE WITH YOUR <i>BEHIND</i> . DOCTORS EXPLAIN THE ROLE YOUR REAR PLAYS IN STAYING PAIN FREE, NEXT IN HEALTH NEWS.
ANCHOR LEAD	BY THE TIME THIS NEXT STORY IS OVER, 3 MORE PEOPLE WILL UNDERGO KNEE SURGERY ¹ IN THE U.S. TO REPAIR THEIR MENISCUS. IT HAPPENS ABOUT 850-THOUSAND TIMES A YEAR - BUT DOCTORS SAY SOME OF THOSE SURGERIES COULD BE AVOIDED, IF ONLY MORE PEOPLE WOULD WORK TO STRENGTHEN THEIR... REAR ENDS. WITH DETAILS, HERE'S CLARK POWELL.
	(Nats -Jennifer on treadmill) :02
Shots of Jennifer on treadmill	JENNIFER ERNST WAS TRAINING FOR A HALF MARATHON WHEN SHE BEGAN HAVING PAIN IN HER RIGHT KNEE. :05
CG: Jennifer Ernst Had Dormant Butt Syndrome	“I continued to run, thinking that it would just go away. But then eventually the pain got so severe that I couldn't run. It was a stabbing pain in my knee.” :09 / :14
CG: Courtesy: The Ohio State University Wexner Medical Center Shot of Kolba working with Jennifer	AN M-R-I SHOWED A TEAR IN HER MENISCUS SO SEVERE THAT IT REQUIRED SURGERY. AFTERWARDS, ERNST'S PHYSICAL THERAPIST SAID THE PROBLEM WITH HER KNEE, MAY HAVE ACTUALLY STARTED A BIT HIGHER ON HER BODY WITH A CONDITION CALLED DORMANT BUTT SYNDROME . :14 / :28
CG: Chris Kolba Ohio State Wexner Medical Center	“It basically refers to the gluteus maximus or the glute muscles just not functioning as efficiently as they should” :07 / :35
Shots of Kolba working with Jennifer	CHRIS KOLBA, A PHYSICAL THERAPIST AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER, COINED THE TERM DORMANT BUTT SYNDROME AND SAYS IT'S THE ROOT OF A LOT OF KNEE, HIP, AND BACK PAIN.

<p>Graphic - show strain on different parts of runner</p> <p>Shots of people sitting at desk</p> <p>Photo of sleeping in fetal position</p> <p>Shot of Jennifer stretching</p>	<p>HE SAYS WHEN GLUTE MUSCLES AREN'T STRONG ENOUGH, THE MUSCLES AND JOINTS AROUND THEM ABSORB STRAIN, CAUSING DAMAGE.</p> <p>BUT - IT'S NOT JUST EXERCISE THAT CAUSES PROBLEMS. KOLBA SAYS PATIENTS CAN ALSO SUFFER FROM DORMANT BUTT SYNDROME BY SITTING TOO MUCH - AND EVEN BY SLEEPING IN THE FETAL POSITION.</p> <p>THE GOOD NEWS IS, THERE ARE WAYS TO PREVENT IT BEFORE SERIOUS DAMAGE IS DONE. :31 / 1:06</p>
<p>Chris Kolba (CG'd earlier)</p>	<p>“Stretching your front of your thigh, stretching your hip flexor, and then doing some exercises to specifically activate the glutes and the the lateral hips as well.” :09 / 1:15</p>
<p>Shots of Jennifer doing exercises.</p>	<p>JENNIFER SAYS SHE ASSUMED THAT RUNNING WAS ENOUGH TO STRENGTHEN HER BACK SIDE, UNTIL SHE SUFFERED A MAJOR INJURY. :06 / 1:21</p>
<p>Jennifer Ernst (CG'd earlier)</p>	<p>“I think that’s where we get into trouble as runners is we don’t do enough cross-training or strength training. But no, I didn’t ever think that I would be diagnosed with something like this.” :12 / 1:33</p>
<p>Shots of Jennifer working out</p>	<p>AT OHIO STATE WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :03 / 1:36</p>
<p>ANCHOR TAG</p>	<p>KOLBA SAYS CHANGING THE WAY YOU SLEEP ISN'T EASY, BUT IF YOUR JOB REQUIRES YOU TO SIT MOST OF THE DAY, TAKE FREQUENT WALK BREAKS - OR GET A STAND-UP DESK. YOU SHOULD ALSO DO EXERCISES EITHER AT HOME OR AT THE GYM TO STRENGTHEN YOUR GLUTES.</p>
<p> Share it! Suggested tweet:</p>	<p>Experts @OSUWexMed say if you have knee, hip or back pain, your butt may be to blame. bit.ly/1W4psmO</p>
<p> Suggested post:</p>	<p>Your butt may be to blame if you suffer from back or knee pain. A physical therapist at The Ohio State University Wexner Medical Center has coined the term “Dormant Butt Syndrome” and says it can be caused not only by exercising improperly, but by sitting too long and even how you sleep. See how a strong backside can keep you healthier from head to toe: bit.ly/1W4psmO</p>
<p>References -</p>	<p><i>1Meniscus Disorders, Knee, The Medical Disability Advisor.</i> August 2013. Online: http://www.dlt.ri.gov/tdi/pdf/Meniscusknee.pdf</p>
	<p style="text-align: center;">Extra Bites</p>
<p>CG: Chris Kolba, PT Ohio State’s Wexner Medical Center</p>	<p><i>Kolba explains how a weak glute can affect other parts of the body -</i> “They’ll come in complaining of knee pain or ankle pain, but really the problem is probably somewhere else. The knee or the ankle or the back is just taking the hit for the other members of team that’s just not quite doing its job.”</p> <p><i>Kolba talks about activities that contribute to Dormant Butt Syndrome -</i> “I’m always surprised that even your good athletes and your active</p>

	<p>people still have some degree of that, and I think if you think about what a lot of people are doing, it's a lot of straight ahead, or what we call sagittal plane activities - squatting, repetitive running, all those feed into that hip flexor getting a little tight, which can inhibit the glute."</p>
<p>CG: Jennifer Ernst Had Dormant Butt Syndrome</p>	<p><i>Jennifer talks about not expecting her diagnosis as an active person -</i> "Because I have somewhat of a fitness background, I had heard of it, but never thought it would happen to me. I was always under the assumption that it was mostly people who sat at a desk all day long."</p> <p><i>Jennifer talks about not knowing that her glutes were weak -</i> "I thought I was working out my backside. I thought running, you know, I run a lot. So you know, I did some cross training, but I think it's very common among runners to have the mindset, if I have time to cross train, then I have time to run."</p> <p><i>Jennifer talks about how strength exercises helped her -</i> "I went back to running, and things were fine because I continued to do the exercises. So I was doing a lot of glute strengthening exercises, hip flexor elongation. I discovered yoga, which helped a lot."</p>
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