

## COXARTHROSIS POST SCRIPT

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In the previous issue (of Rolf Lines) I wrote an article on "Pelvic Tilt and Coxarthrosis". Afterwards I found out that the term "coxarthrosis" does not exist in English. It is a degenerative disease of the cartilage of the hip joint. It is extremely painful and in its progressive stages it is treated by surgery in which the hip joint is replaced by an artificial joint. The disease is commonly looked upon as something with a familial disposition to it.

To remind you of the relevance of my article in the previous issue, let me repeat some of the central arguments:

1. This degenerative disease of the hip joint is directly related to the angle of the sacrum. The more horizontal the sacrum becomes and the stronger the lumbar lordosis is, the more frequent there is trouble in hip joints. Since Rolfers claim that their main concern is horizontalizing the pelvis (which to me includes changing the angle of the sacrum), they probably can also claim to improve the chances of avoiding such an affliction of the hip joint.

2. The authors found in their clinical studies that tenderness to the touch of the following muscular insertions is a sure sign of beginning degenerative affliction of one or both hip joints: on the pubic symphysis rectus abdominus, adductors, on the ramus the abductors, on the spina iliaca the rectus femoris, the gluteus medius, finally the iliopsoas, and in later stages the rectus abdominus on its thoracic insertions. So if you find such tender areas in your fourth and fifth session together with an expressed anterior tilt of the sacrum, you are well-justified to ask for a familial history of degenerative affliction of the hip joints.

There were others - more important - arguments in the article. But since they could be understood without the reference to the Latin term denoting that pathological affliction, I shall not repeat them here. ☉