

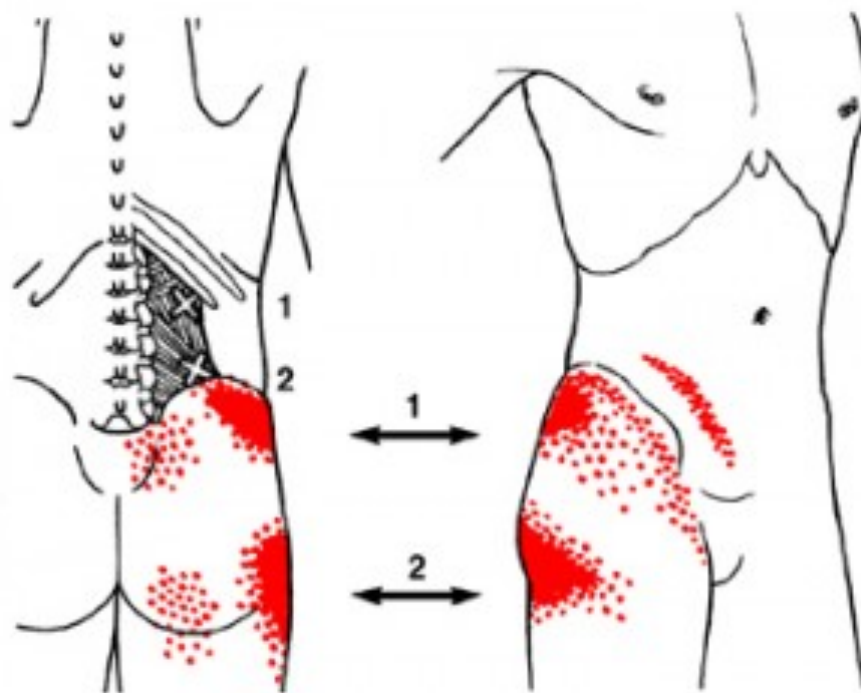
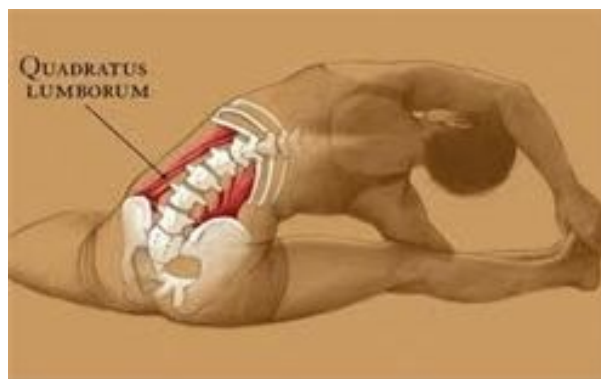
Twisting Muscle often mistaken as cause of Bulging Disc Pain

Could it be your Quadratus Lumborum muscle?

Is your doctor suggesting unnecessary surgery that can be easily fixed with Bowen Therapy?

Function:

The Quadratus Lumborum (QL) is a large muscle that connects the spine to the pelvis. Connecting the last rib to the lumbar vertebrae, the QL is integral to the following:



- Stabilizing the hip
- Side-to-side bending
- Lifting the hip when the spine is fixed
- Stabilizing the last rib during exhalation

This is the muscle that is overused, especially if you have a job that requires you to sit at a desk all day.

This situation has the potential to lead to QL fatigue, and eventually **muscle spasms**. Rounding of the shoulders, or “**hunching**” of the neck, upper back,

and shoulders can also worsen this problem. It is also a primary cause of lower back pain, along with the iliopsoas.

Its function is to bring the hip up to correct balance and posture, to help you straighten up from bending and to help you rotate your torso. But it can be responsible for stress in the Sacro-Iliac joint by pulling it out of alignment.

Symptoms:

- If you have a **sudden attack of lower back pain**, then you may have strained this muscle. Particularly if you have bent over while letting your lower back arch forwards.
- Pain is generally deep, dull, and aching, but may be sharp during movement.
- Person may have to drop on all fours due to pain from the QL.
- Coughing and sneezing can be extremely, and frightfully, painful.
- Person may not be able to roll over in bed or stand upright due to pain.
- May cause pain in the gluteus minimus and cause it to refer its pain down the leg and mimic **sciatica**.