



Wallets are causing men unbearable pain and it has nothing to do with a lack of cash.



Physiotherapists say they have seen a surge in the number of men complaining of lower back pain and the lowly wallet is their chief suspect.

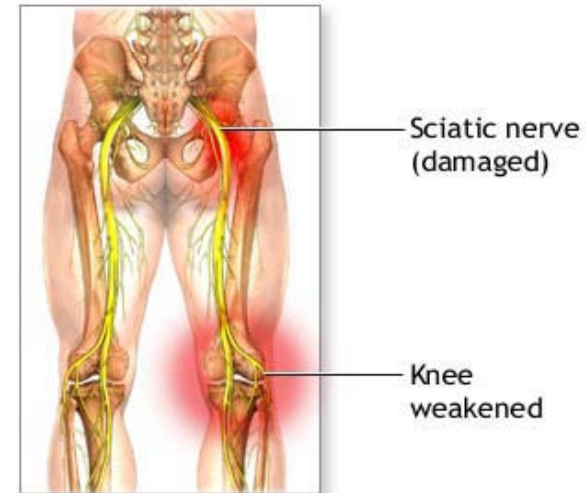
Experts say men who sit down with their wallets in their back trouser pocket risk damaging key nerves.

Men who drive with their wallet stuffed into their back trouser pocket appear to be most at risk.

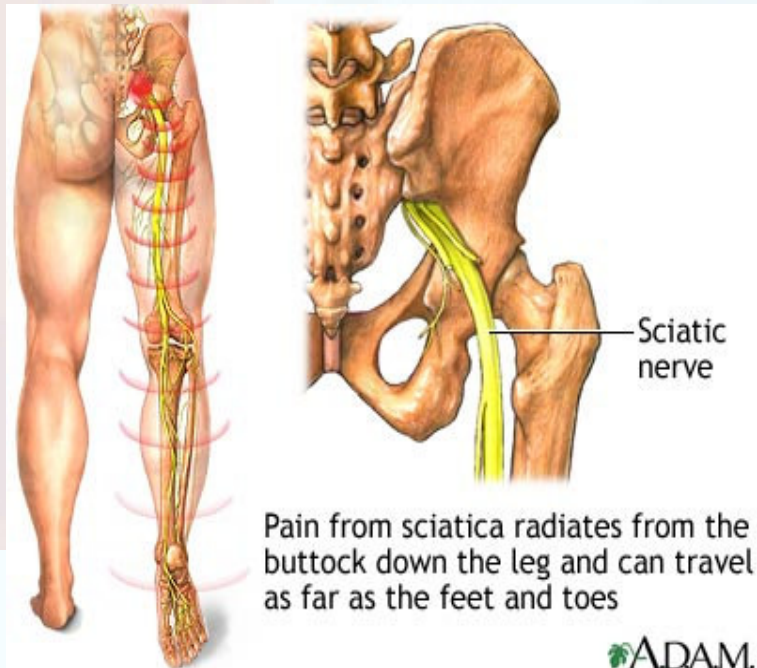




- The condition is a form **sciatic neuropathy**, since it affects the sciatic nerve. But it's becoming so common that it has even been given other names -- hip-pocket syndrome or wallet neuropathy.



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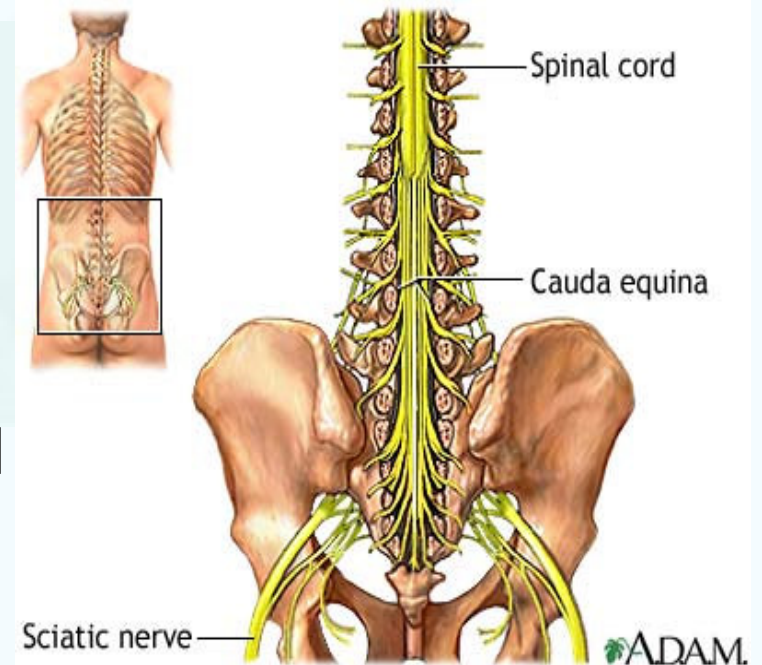


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sciatica is piriformis syndrome, so called because of the involvement of the piriformis, a short, thick, pear-shaped muscle that runs from your sacrum, the lower part of your pelvic bone, to the head of your femur, or upper thigh bone. ***You use this muscle when you extend your hip or rotate it outward. In most people, the sciatic nerve cord runs near this muscle.***

Treatment

•Treatment is aimed at maximizing mobility and independence. The cause of the nerve dysfunction should be identified and treated as appropriate. In some cases, no treatment is required. Exercise and physical therapy is introduced into the treatment regime .



Prevention

Prevention varies depending on the cause of the nerve damage. Avoid prolonged sitting or lying with pressure on the buttocks, **and exercise.**



**Orthe safest way Keep your wallet in safe hands ...
with your wife's**





Easy exercise program for low back pain relief

1. ***Muscle stretching exercise***

With both knees bent, place both hands together under the knee of the other leg (the lower leg), and gently pull the bottom leg toward your chest and hold both thighs closely until a stretch is felt in the buttock area.

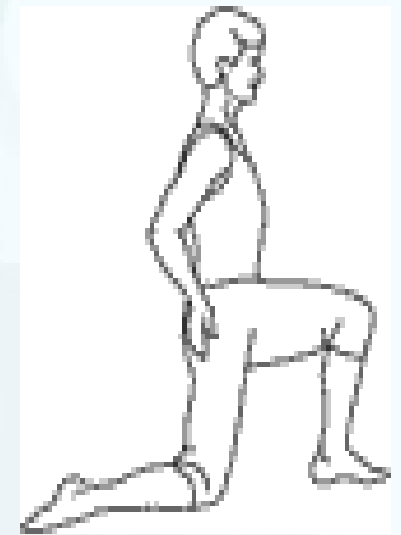
Hold 30 seconds .

Repeat 1-2 times per day



2. Muscle stretching exercise

- The Psoas Major muscle can greatly limit low back mobility when tight. It often is one of the sources of low back pain in patients who have difficulty standing for extended periods or kneeling on both knees. This muscle can be stretched in a half kneeling position (kneeling on one knee). Rotate the leg outward and tighten the gluteal muscles on the side you're stretching. Next, lean forward through the hip joint rather than bending through the lumbar spine. A stretch should be felt in the front of the hip that the patient is kneeling on.
 - Hold 30 seconds
 - Repeat
 - 1-2 times per day



3. Hamstring muscle stretching exercise

The hamstrings run from the back of the ischial tuberosity (pelvic bone) to just below the back of the knee. They are responsible for bending the knee and assisting the gluteal muscles to extend the hip. These muscles are very important to stretch because, when tight, they make it nearly impossible to sit up straight. People who do not sit with an erect posture run the risk of early onset of degenerative disc disease and neck pain. Tight hamstring muscles are also associated with low back pain. One way to gently stretch hamstring muscles is to lie on the back and grasp the leg behind the knee with the hip flexed to 90 degrees and the knee bent. Attempt to straighten the knee with the toes pointed back toward you.

- Hold 30 seconds
- Repeat
- 1-2 times per day

