

# Pelvis: A Foundation for Our Movement, Mobility, and Stability

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## INTRODUCTION

The human body is a marvelous creation, composed of intricate systems working in harmony. One of the most vital structures is the pelvis, a complex network of bones, muscles, and ligaments that provides the foundation for our movement, stability, and overall well-being. Often overlooked and underappreciated, the pelvis plays a crucial role in maintaining balance, supporting the body's weight, and facilitating mobility. In this commentary article, we delve into the significance of the pelvis and explore its multifaceted functions. The pelvis is a basin-like structure located at the base of the spine, formed by four bones: The sacrum and coccyx (part of the vertebral column) and the two hip bones. These bones come together to form the pelvic ring, which houses and protects vital organs such as the reproductive system, bladder, and parts of the digestive system. The pelvis also serves as an attachment point for numerous muscles, connecting the upper and lower body and allowing for a wide range of movements.

### Stability and balance

The pelvis is the anchor of stability for the entire body. It acts as a bridge between the upper and lower body, transmitting forces and weight from the spine to the lower limbs. The muscles surrounding the pelvis, including the gluteals, hip flexors, and pelvic floor muscles, contribute to maintaining its stability and alignment. When the pelvis is properly aligned, it enables efficient movement patterns, reducing the risk of injury and enhancing overall performance.

### Mobility and flexibility

Contrary to its stabilizing role, the pelvis also facilitates dynamic movement and flexibility. The hip joints, situated within the pelvis, allow for a wide range of motion, enabling activities such as walking, running, squatting, and dancing. The pelvis acts as a central pivot point for these movements, transferring forces from the lower limbs to the spine and vice versa. A balanced and mobile pelvis is essential for optimal biomechanics and fluidity of motion.

### Core strength and postural support

The pelvis forms the foundation of the core musculature. The deep abdominal muscles, such as the transverse abdominis, and the back muscles work in tandem with the pelvic floor muscles to stabilize the pelvis and maintain proper alignment. This synergy creates a strong core, which is vital for overall strength, balance, and posture. A weak or imbalanced pelvis can lead to lower back pain, postural issues, and decreased functional ability.

## DESCRIPTION

### Pelvic health and well-being

Beyond its mechanical functions, the pelvis plays a significant role in reproductive and urinary health. The pelvic floor, a group of muscles situated at the base of the pelvis, supports the pelvic organs and controls bladder and bowel function. Proper pelvic floor function is crucial for maintaining continence, preventing pelvic organ prolapse, and supporting sexual well-being. Unfortunately, conditions such as pelvic floor dysfunction and incontinence are prevalent but often underdiagnosed and undertreated. Raising awareness about pelvic health is essential to empower individuals and promote overall well-being.

### Exercising the pelvis

To maintain a healthy pelvis, it is crucial to incorporate exercises that promote strength, mobility, and stability. Engaging in activities such as yoga, pilates, and strength training can help strengthen the pelvic floor, improve overall core stability, and enhance posture. Additionally, incorporating hip mobility exercises and stretching routines can optimize pelvic movement and reduce the risk of injury.

## CONCLUSION

The pelvis, often overshadowed by other prominent anatomical structures, deserves recognition for its architectural marvel and indispensable role in human life. Beyond its evident structural importance, the pelvis supports numerous physiological

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functions and has adapted over time to meet the challenges posed by evolution. Its broad shape, intricate joints, and robust construction provide the stability, flexibility, and balance necessary for our daily activities.

Understanding and appreciating the pelvis's significance reminds us of the intricacies of the human body and the remarkable adaptations that have allowed our species to thrive. From supporting childbirth to enabling efficient movement