

# Strained sartorius muscle - how to...

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I've had soreness in my left hip for weeks, and more recently pain. Not enough to stop me from running, but it's been getting worse in spite of lots of stretching/ice, etc. I finally went to a chiro today, and she said my hips were out of alignment, and gave me an adjustment. And I finally found out what is hurting so bad (didn't think it was IT band), and it's my sartorius muscle.

Anyway, she said that she sees that in a lot of runners. OMG - did someone just call me a runner? Holy s\*\*t! I almost fell off the table, pain forgotten.



That comment made all the pain worthwhile....and hopefully after a couple more visits, I'll be pain free. I certainly feel like a runner now - my first running injury.

But I was so focused on finding out what was causing the pain, that I didn't even think to ask her about stretches. Has anyone here had a strained sartorius, and if so, how did you treat it? (I've been working out a lot on the elliptical on my non-running days, and I think I'll cut that out for a week or so and see if that helps). She didn't tell me NOT to run, so I'm not cutting back on that, as I'm just now starting to get into the groove - finally!

Any suggestions would be greatly appreciated!