

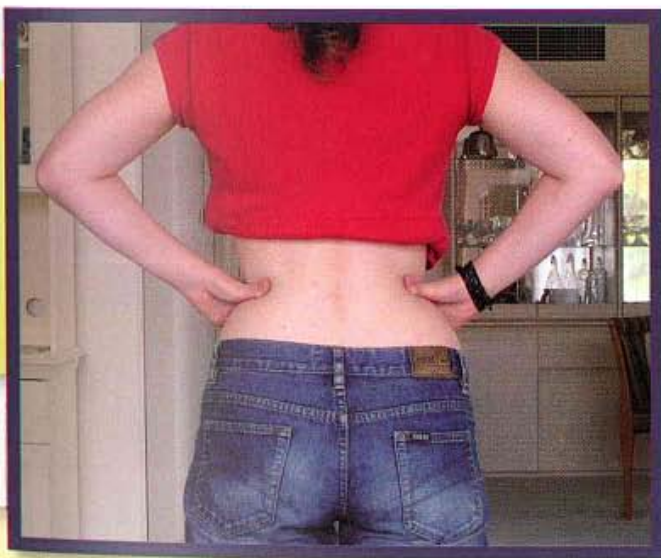
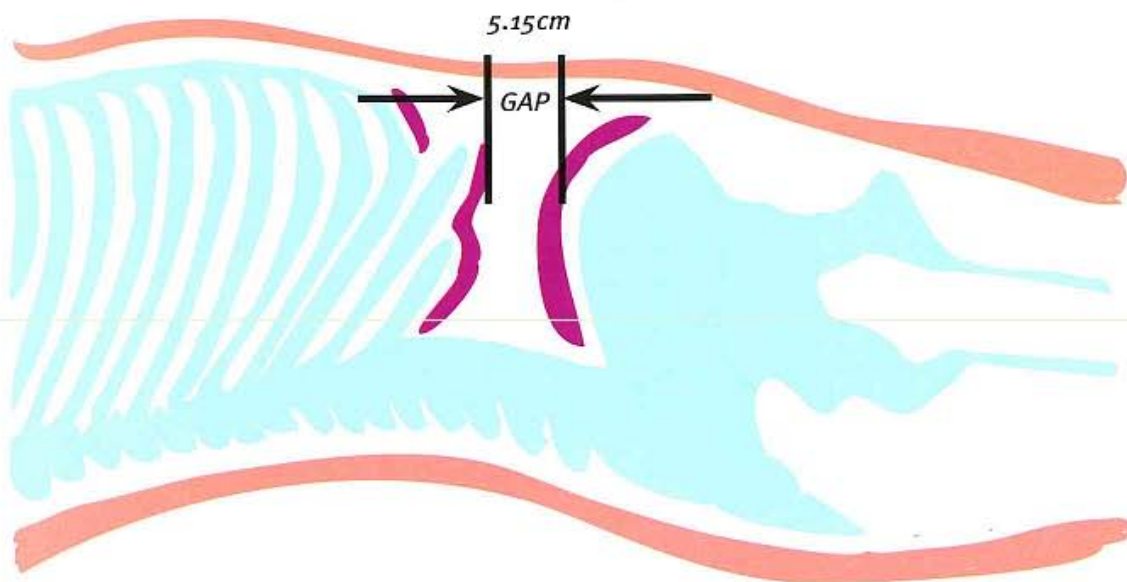
## Why does it happen?

### Posture

A survey conducted in 2004 showed that people were unaware that there is only a small gap between the hips and the ribs; the average gap was found to be only 5cm. It takes only a small change in position or movement to cause the ribs to hit the hips.

### How much of a gap have you got between your hips and your ribs?

*Most people assume that there is a wide space between their hips and their ribs; however, a survey of 50 back pain sufferers shows that the average gap is only 5 cm.*



*Put your hands on the top of your hips and push inwards and slightly upwards until the top of your hands touch your lower ribs. You can now feel how narrow the gap is.*