



## Effect of Hip Muscle Weakness and Femoral Deformation on Walking Performance

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### INTRODUCTION

Weakness is a lack of muscle strength. Its causes are varied and can be divided into conditions with actual or perceived weakness [1]. Severe muscle weakness, such as muscular dystrophy and inflammatory myopathy, is a cardinal manifestation of various musculoskeletal disorders. It occurs in disorders of the neuromuscular junction, such as myasthenia gravis [2]. Muscle weakness can also be caused by low levels of potassium and other electrolytes in muscle cells. If you have chronic muscle weakness or weakness without a clear cause or usual explanation, it could be a symptom of an underlying health condition [3]. Spasms cause spontaneous muscle contractions. If the brain, nervous system, muscles, or the connections between them are damaged or affected by disease, the muscles cannot contract normally [4]. This can lead to muscle weakness. Your doctor will need to examine you to determine which muscles are affected and whether you actually have weakness or are perceived to have weakness [5]. They check to see if your muscles are soft (indicating inflammation) or unusually “tired.” Maybe they want to see you run. Next, you need to test your nerves to see if your muscles are receiving the proper signals. Your doctor may need to evaluate your central nervous system, including balance and coordination [3].

### DESCRIPTION

Blood tests may be needed to check for hormone or blood cell abnormalities. If none of these tests identify a cause, doctors may order: A neurological examination to make sure the nerves are working properly [1]. A muscle biopsy to see if the muscle itself shows signs of inflammation or damage. A biopsy is the removal of a small sample for examination under a mi-

croscope. Body scans, such as CT and MRI, look for conditions in other parts of the body that can affect muscle function and strength [4]. The pattern and severity of weakness, associated symptoms, medication use, and family history can help doctors identify the cause of your weakness. During the physical examination, the doctor should objectively assess your decline in fitness, perform a neurological examination, and look for patterns of weakness or other abnormalities [2]. It is one of the most common reasons to see a doctor. It is a common symptom of muscular, neurological, and metabolic disorders. Depending on the cause, weakness can occur in one muscle, muscle group, or all of her muscles. It may be accompanied by pain, atrophy, cramps, or other types of muscle symptoms [5]. In some cases, sudden weakness, especially on one side of the body, is a symptom of stroke.

### CONCLUSION

Do you find it harder to get out of a chair, climb stairs, or open a glass? A number of things can cause your muscles to feel weak and weak. Sometimes it happens suddenly. However, muscle weakness is more likely to have a gradual effect over time. So you may feel like it creeps you in. And remember: Weakness is different from fatigue and pain. It's normal to lose muscle mass and become weaker as you age. Doctors call this sarcopenia. You hardly notice it until you're 60's or 70's. Sarcopenia can also come with other health conditions that make you inactive. If sarcopenia is suspected, your doctor can do tests to see how fast you can walk. A physical therapy session with a licensed physical therapist strengthens weak muscles, restores muscle imbalances, improves mobility, and muscle weakness can make daily activities such as walking difficult. Getting up from a chair, walking, going up and down stairs.

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## CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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