

Tight Pant Syndrome: An Insight To Physios

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"I dress myself, not to impress, but for comfort and for style"
-Lindsey Wixson

In this modern era attire has become a matter of comfort and style. But many a times things which we feel comfortable, can be harmful. Tight pants such as skinny jeans, leggings, treggings, jeggings, hip huggers, Low waist pants and Low slung belts are favourite item of youth and they are becoming a fashion trend in today's population [1,2]. Tight pants have a direct influence on human body. It creates a compressive force on the lower extremities. These compressive forces can disrupt the blood flow in the pelvic area contributing to muscle fatigue and strain in lower extremities [8].

Usual symptoms of Tight pant syndrome can vary from Heart burns, belching, stomach distension to pain in calf, swelling of foot, burning pain in thigh and legs, which may progress on to functional limitations in some rare and chronic cases [2,3,4].

Repeatedly wearing tight clothes has been known to compress the lateral femoral cutaneous nerve which is a sensory nerve that travels from abdomen through the thigh. The compression can cause numbness, tingling and burning pain outer thigh called meralgia paresthetica. Mechanical factors can result in compression of lateral cutaneous nerve along its anatomical course. It can lead to significant disability when the diagnosis is missed or even

delayed [4,5,6].

Physical activities involving trunk flexion are common among occupation and daily living tasks. Particularly, lifting, forward reaching and squatting. Tight pants specifically, sizes smaller than fit to a wearer anthropometry may restrict hip movement and alter trunk muscle activity during work tasks and leisure. Tight pant significantly increase lumbar flexion angle and decrease hip flexion angle [2] Reduces hip mobility in association with increasing spinal flexion and extension. This mobility limitation and spinal motion may be factors contributing to development of low back pain [7].

The wearing of tight pants induces excessive lumbar flexion by limiting hip flexion. The exaggerated lumbar flexion may over stretch posterior connective tissues such as the inter spinous ligament, apophyseal joint capsule and thoracic lumbar fascia or increase stress on discs and apophyseal joints [6,7].

It is especially important for people who have to wear jeans for a long time, to select jeans in order to prevent musculoskeletal injuries induced by long term limitation of pelvic and hip movements [1,6,8].

Relieving the compression would usually reduce the symptoms. Teaching about ergonomics, keeping the superficial areas free of compressive forces and a healthy muscle are the key to avoid this complication [7,8]. In some rare and chronic cases surgical decompression is required.

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