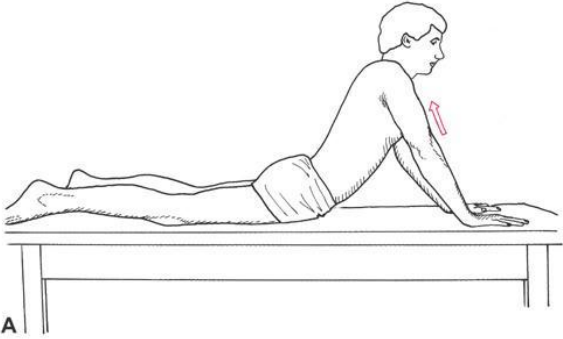
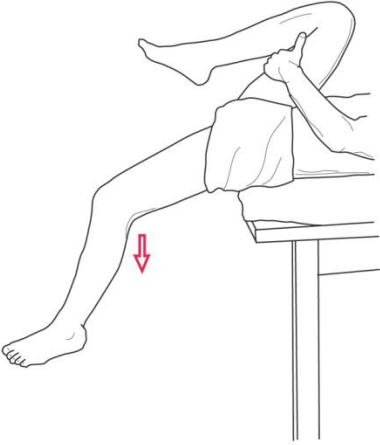
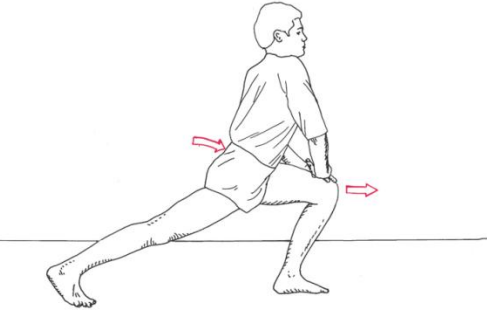
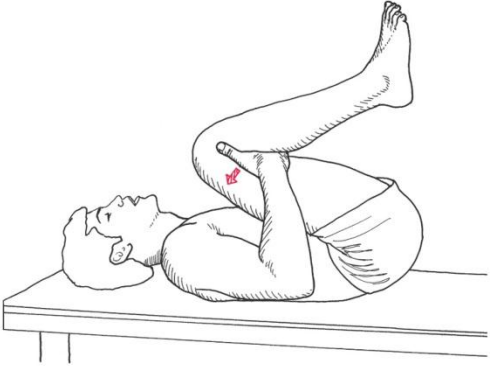

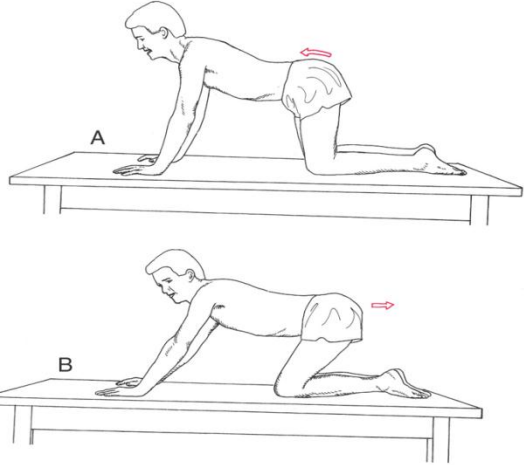

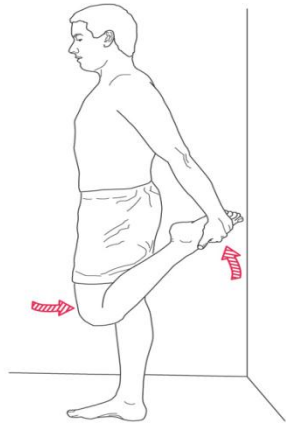


PTA 104L Ortho Dysfunctions Lab

Hip Stretching Lab Activity

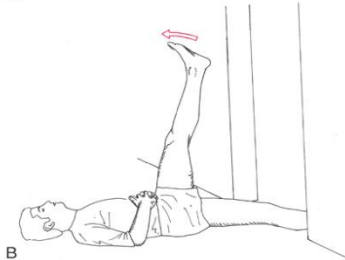
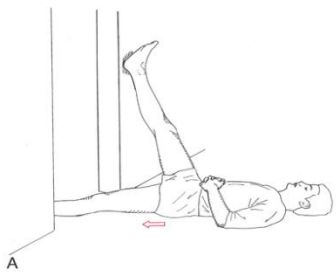
<p>Hip Stretching Exercises: Try performing each of the stretches as described in your text. Document the muscles on stretch as it relates to the hip joint. Answer the clinical questions to begin problem-solving for modifications</p>	<p>Targeted muscle(s) and involved joint(s)</p>	<p>Clinical Questions</p>
 <p>A</p>		<p>What conditions would challenge your patient's ability to perform this stretch?</p>
 <p>Copyright © 2007 F.A. Davis Company www.fadavis.com</p>		<p>What happens to the hip angle with a tight rectus femoris? With a tight IT band? With a tight piriformis?</p>
 <p>Copyright © 2007 F.A. Davis Company www.fadavis.com</p>		<p>What is the significance of maintaining a posterior pelvic tilt? How would ROM at the knee and ankle influence independence with this stretch? How could you modify this stretch to increase abduction?</p>

 <p>Copyright © 2007 F.A. Davis Company www.fadavis.com</p>		<p>In the clinic, you notice that the pelvis begins to tilt posteriorly at 100 degrees of hip flexion.</p> <p>How do you interpret this observation as it relates to hip joint function?</p>
		<p>In this image, why is it important for the L leg to be in extension when stretching the R hip?</p>
 <p>Copyright © 2007 F.A. Davis Company www.fadavis.com</p>		<p>Why is this patient instructed to perform an anterior pelvic tilt before rocking back into his heels?</p> <p>How could this stretch be modified with someone who has sx's consistent with spinal stenosis?</p>
		<p>Your patient cannot reach their foot. What devices could be used to allow your patient to perform this hip flexor stretch?</p>



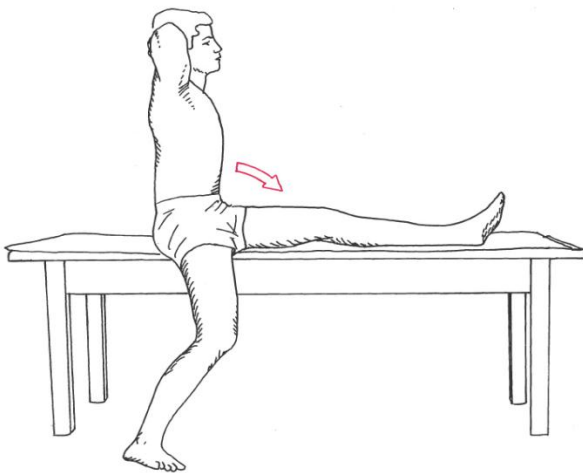
Copyright © 2007 F.A. Davis Company www.fadavis.com

How could you modify this stretch for someone who cannot safely reach for their leg? How could furniture or other supports be used for the non-weight bearing limb while still providing a stretch?



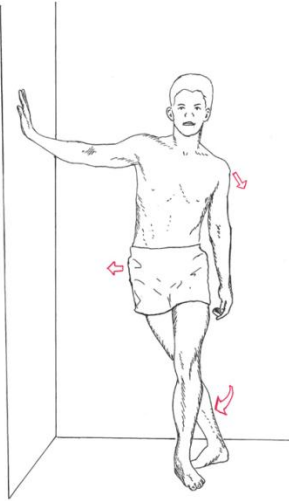
Copyright © 2007 F.A. Davis Company www.fadavis.com

What structures may be at risk with active hip flexion (see fig. B)? How does hip internal and external rotation influence the outcome of the stretch?



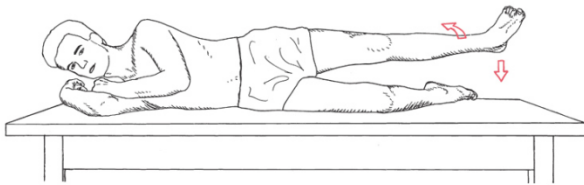
Copyright © 2007 F.A. Davis Company www.fadavis.com

What compensatory posture do you expect if your patient has limited hamstring motion and attempts this stretch?



Copyright © 2007 F.A. Davis Company www.fadavis.com

What is the significance of hip external rotation on the stretching side? What hip muscle is on a stretch?



Copyright © 2007 F.A. Davis Company www.fadavis.com

How does trunk muscle strength influence this stretch as described? What compensation can you expect with someone who has poor trunk/back stability?