Hip Rehab: Things to Consider

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Where to Start?
Objectives:

- Discuss injuries related to hip dysfunction
- Review commonly used functional tests for posteriolateral hip strength
- Review exercises best supported by research when choosing exercises for patients
- Discuss other thoughts related to commonly used rehab exercises
“Extreme” Skateboarding
Injuries Related to Hip Weakness or Dysfunction

- (Besides the “-itis”, “-opathy”, intra- and extraarticular involvement at the hip)
- Low back pain
- ITBand pain
- Patellofemoral pain
- Ankle instability
- What other injuries should you consider?
Common Functional Tests to Assess Hip Status:

- Single Leg Balance
- Single Leg Squat
- Lateral Step Down
- Overhead Deep Squat (SFMA)
- Drop Vertical Jump Test

- List is not all inclusive and not limited to these
Single Leg Stance

Hip drop

Trunk lean
Single Leg Squat  Lateral Step Down
Deep Squat

Drop Vertical Jump
You’ve Identified Strength and/or ROM Deficits, which exercises to choose?
Initiating Rehab:

- Regardless of athlete’s sport, level of ability, appropriate assessment is always necessary. DUH!

- Starting with basic rehab specific exercises are appropriate prior to moving onto higher level strengthening, in order to restore appropriate neuromuscular function, regardless of sport or ability.
Ideas for Increasing ROM:

- Moreside et al (2012) found that passive stretching program for healthy males increased hip ROM in extension/IR/ER and total rotation alone and when accompanied by hip/spine dissociation exercises.
- Core strength and hip/spine dissociation increased total rotation and IR, but not ext.
Most Bang for Your Buck:

- Of 11 common exercises used in PT for glut strength, the following had the highest glut med/upper glut max:TFL ratio:
  1. Clam
  2. Side stepping (monster walks)
  3. Unilateral Bridge
  4. Quadriped hip ext with knee extended
  5. Quadriped hip ext with knee flexed

Selkowitz et. al in JOSPT in Feb 2013
How About Other Common Exercises?

Sumo and Monster Walks

• Progressive glut med > max recruitment with band placement at the feet > ankles and significantly more than at the knees. The foot position increases not only the lever arm, but the ER moment to maximize gluts.

• Cambridge et al, Journal of Biomechanics 2012
Other Thoughts with Strengthening:

• Other thoughts with balance:
  ▫ Tall kneeling versus 1/2 kneeling balance
  ▫ With and without theraband resistance in various planes

• Squats:
  ▫ With bands for trunk stabilization and proprioception

• Lunges:
  ▫ With bands for trunk stabilization and proprioception
Tandem $\frac{1}{2}$ Kneel for Proximal Stability
Variations with Squats and Lunges
References:

Thank You!