



Prifysgol Cymru
Yr Undodol Dewi Sant
University of Wales
Trinity Saint David

SHSS5062

Peripheral Mobilisations

Hip Mobilisations

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



Use of Mobilisations

- What concepts can we remember?



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Contraindications

- Avoid:
 - Inflammatory arthritis
 - Malignancy
 - Tuberculosis
 - Osteoporosis
 - Ligamentous rupture (Hypermobility)
 - Herniated disks with nerve compression
 - Bone disease
- Neurological involvement
- Bone fracture
- Congenital bone deformities
- Vascular disorders
- Joint effusion
 - May use I & II mobilisations to relieve pain

Mobilisations should not be used haphazardly.



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Precautions

- Osteoarthritis
- Pregnancy
- Flu
- Total joint replacement
- Severe scoliosis
- Poor general health
- Patient's inability to relax
- Diabetes
- Steroid use



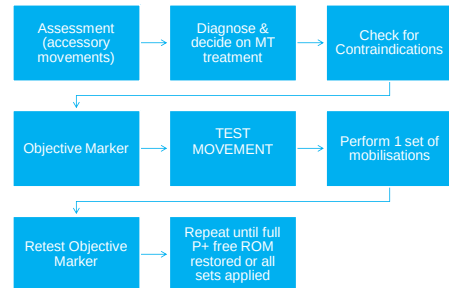
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Clinical assessment

ROM:	A	P	R	ACCESSORY

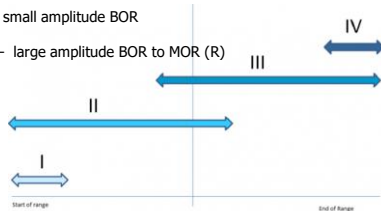
Manual Therapy Protocol



Maitland Grades: OSCILLATIONS

Grade I – small amplitude BOR

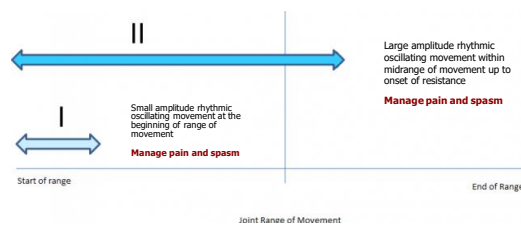
Grade II – large amplitude BOR to MOR (R)



Grade III- Large amplitude to point of limitation

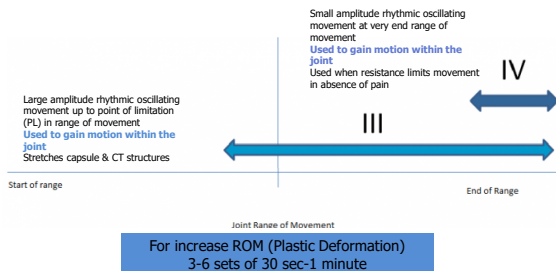
GRADE IV – small amplitude at EOR

Treating the Hip



For Pain Gate:
1-3 sets of 1-2 mins

Treating the Hip



Hip Accessory Assessment

- Passive Physiological Movements
 - FLXN
 - EXTN
 - ABD
 - ADD
 - MR
 - LR

Hip Accessory Assessment

- Passive Accessory Movements
 - A/P ↑ on greater trochanter
 - P/A ↓ on greater trochanter



Hip Accessory Assessment

- What movements are dependent upon:
 - A/P ↑ on greater trochanter
 - P/A ↓ on greater trochanter

Hip Accessory Assessment

- Passive Accessory Movements
 - Trans Lateral → on Femur



Grade I & II



Grade III & IV



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Hip Accessory Assessment

- Passive Accessory Movements
 - Longitudinal Caudad ↔ on Femur



Grade I & II



Grade II & IV



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Hip Accessory Assessment

- Passive Accessory Movement
 - P/A ↓ on Femoral Head



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Hip Accessory Assessment

- Passive Accessory Movement
 - Longitudinal Cephalad ↔ on Femoral Head
- Compression of Femoral Head



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Hip Accessory Assessment

- What movements are dependent upon?
 - Trans Lateral → on Femur
 - Longitudinal Caudad ↔ on Femur
 - P/A ↓ on Femoral Head
 - Longitudinal Cephalad ↔ on Femoral Head
 - Compression of Femoral Head



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Treating the Hip

- Passive Physiological Movements
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Grade I
Grade II
Grade III
Grade IV

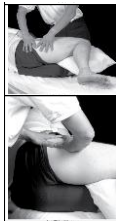


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Treating the Hip

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Grade I
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Grade I & II



Grade II & IV

Treating the Hip

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 - P/A  on Femoral Head

Treating the Hip

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 - Longitudinal Cephalad  on Femoral Head
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Case studies