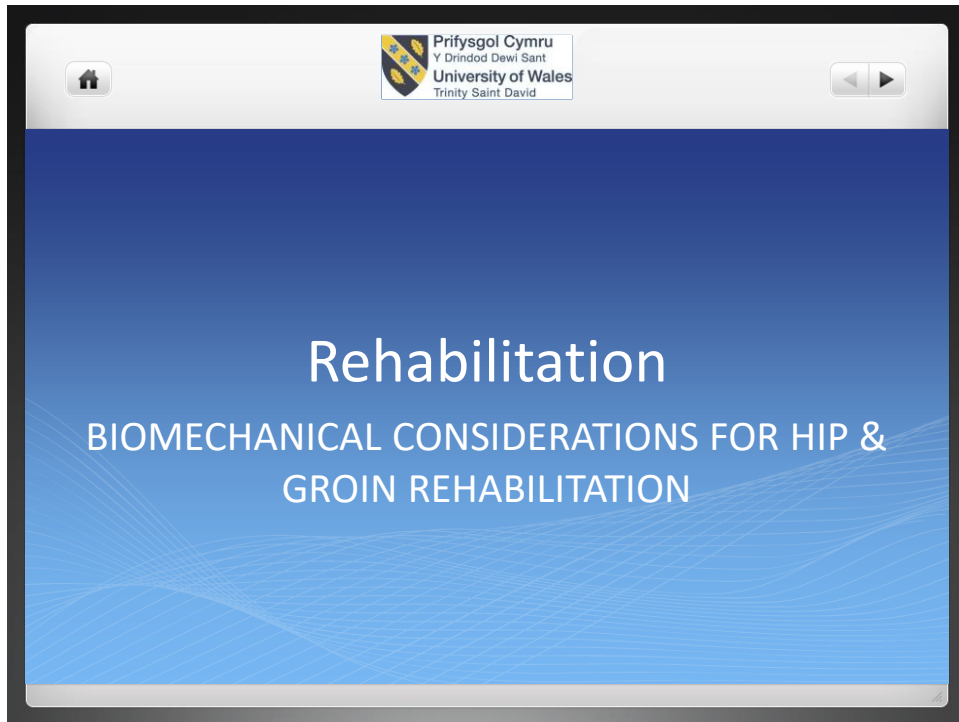




Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Early & Intermediate Rehabilitation

Flexibility & ROM

- Active
 - 15-30sec
 - 4-5 reps
- Passive
 - 15-30sec
 - 4-5 reps
- Prolonged
 - Up to 20mins
 - 3min if FWB

Proprioception

Maintain CV Fitness

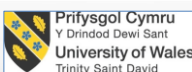
M. Endurance & Strength

- Isometric
 - 20° Intervals in P+ free range
 - 5-6 sec hold (ease on & off)
 - 10 reps
 - 10 sec rest per rep
- Concentric & Eccentric
 - Strength Endurance
 - Up to 3 sets 25 reps
 - 30sec recovery per set
 - <67% 1RM
 - Strength
 - 2-6 sets
 - 6 reps
 - 85% + 1RM
 - 2-5min recovery
- OKC v CKC



Proprioception

- Lower limb?



COMMON MUSCULATURE

- **The Hip Flexors:**
 - TFL, Sartorius, Pectineus, Adductor group (HE), Rectus Femoris, Iliopsoas.
- **The Hip Extensors:**
 - Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus
- **The Hip Abductors:**
 - Piriformis (HF), Gemelli (HF), Gluteus Minimus and Medius, Gluteus Maximus, Sartorius, TFL
- **The Hip Adductors:**
 - Pectineus, Adductor Group, Quadratus Femoris, Gracilis
- **Lateral Rotators:**
 - Quadratus Femoris, Piriformis (HE), Gemelli (HE), Biceps Femoris (HE), Iliopsoas, Gluteus Maximus, Sartorius, Obturator Ext and Int
- **Medial Rotators:**
 - Adductor Magnus, Gluteus Med and Min, Iliopsoas, Adductor Longus, TFL, Gracilis (KF), Semi Mem and Tend (HE)

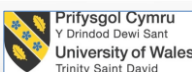
- Active
- Passive
- Prolonged



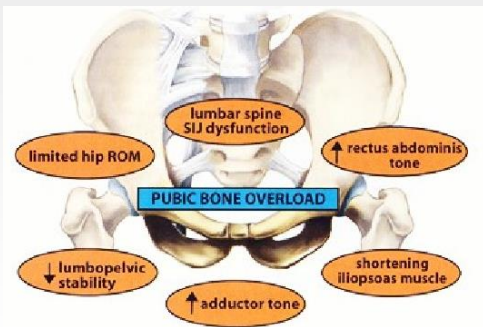
M. Endurance & Strength

- Isometric
 - Flex
 - Ext
 - Abd
 - Add
 - MR
 - LR
- OKC
- CKC

- TFL, Sartorius, Rectus Femoris, Iliopsoas.
- Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus,
- Gluteus Minimus and Medius,
- Adductor Group
- Deep Lateral Rotators:
 - Quadratus Femoris, Piriformis (HE), Gemelli (HE), Obturator Ext and Int
- Deep Medial Rotators:
 - Gracilis (KF)



Pubic Bone Stress (Overload) Syndrome



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

The anteriorly tilted pelvis

Short and Tight

- Iliopsoas
- Erector spinae
- Sartorius

Stretched and inhibited

- Gluteus maximus
- Gluteus medius & deep hip rotators
- Hamstrings

Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

How do we fix it?

Correct the Tilt

Lengthen iliopsoas and Erector Spinae

Retrain the inhibited muscles

Lower Abdominals
Deep Hip Rotator Cuff
Glute Max
Hamstrings

Train the stabilisers to stabilise

ISOMETRIC contraction of Adductors



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Important considerations in Hip Rehab

- Hip rotator cuff
 - Medial Rotation: Tensor Fascia Latae, Gluteus Medius and Minimus
 - Lateral Rotation: Piriformis, Gemelli, Obturators, Quadratus Femoris
- Glute med (kinetic chain)
- Hamstring/glute firing
- Isometrics through full range
- Chronic in nature
 - Adductor tendinopathy
- May manifest as LBP
 - Why?
 - Inhibition patterns
- Adductor Magnus as HE