

HIP BURSITIS (RIGHT)

Seen usually in women with weakness of the right gluteus maximus, left hamstring, right adductor magnus and left ischiocondylar adductor; resulting in the inability to adduct on the left lower extremity and shift adequately their center of gravity over the left lower extremity. The smaller external rotators on the right are overworked, as is the posterior fiber of the gluteus medius, secondary to ipsilateral weakness of the inferior lengthened and malpositioned gluteus maximus. These patients usually have difficulty rotating their trunk to the right while standing or shifted on left lower extremity. They usually walk with poor arm swing and improper swing of upper extremities with lower extremities. High compressive, torsional sheering forces on the small external rotators and the posterior gluteus medius muscle produces inflammation of this superior posterior trochanteric attachment soft tissue. This same soft tissue is further aggravated during eccentric abduction and external rotation during right stance phase of gait.

Notes:

Poor co-activation of LEFT ischiocondylar adductor (FA IR) and RIGHT gluteus maximus (FA ER)

Examination Considerations:

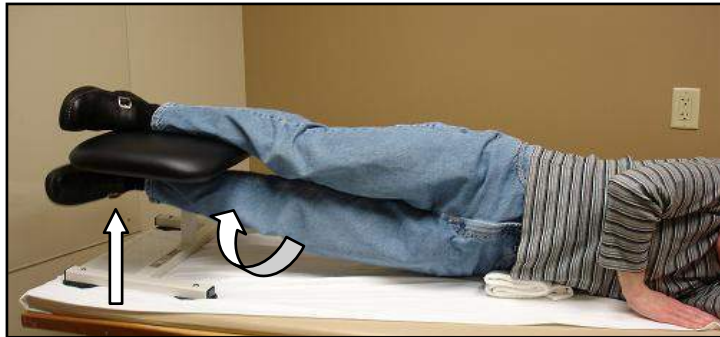
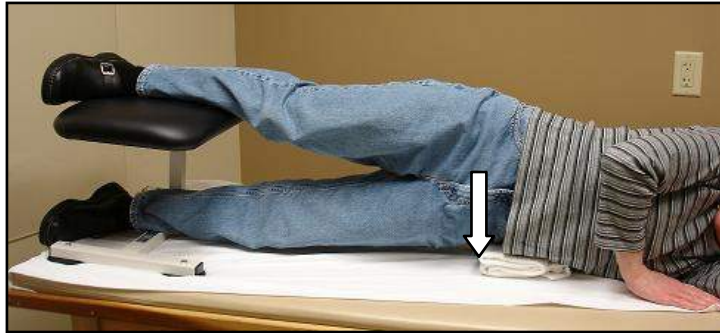
Ober Test
Trunk Rotation via Supine Passive Leg Rotation

Intervention:

LEFT hip adduction integrated program to increase AF adduction (active and passive) on the LEFT and AF abduction and ER on the RIGHT

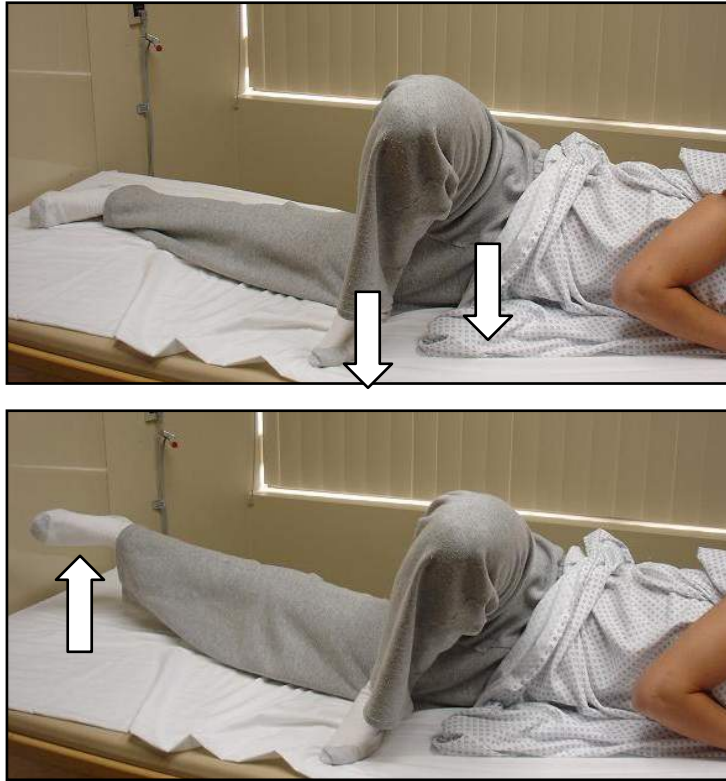
PRI Exercise Techniques (see below): Sidelying Foot Toward Foot; Sidelying Foot Toward Ceiling

Sidelying Foot Toward Foot



1. Lie on your left side and place a 2-3 inch bolster under your left abdominal wall.
2. Place your right foot on a stool that's about 13 inches in height and your left foot underneath it.
3. Begin by pressing left hip down into the floor or mat.
4. Keeping your right toes and your left hip down, turn your left toes slightly inward and raise your left foot off of the mat.
5. You should feel your left inner thigh engage.
6. Hold this position while you take 3-4 breaths in and out.
7. Relax and repeat this 4 more times.

Sidelying Foot Toward Ceiling



1. Lie on your left side with your left leg straight.
2. Bend your right leg and place your right foot in front of your left thigh.
3. Press your right foot down into the mat and your left hip down.
4. You should feel your right glute engage and your left abdominal obliques.
5. Keeping your left toes turned in, pick your left leg off the mat and raise toward the ceiling.
6. Hold this position for 4-5 breaths.
7. Relax and repeat four more times.

Note: A band may be placed around your right leg providing resistance as you try to move your right leg back. With this you will feel your right glute max stay on as you find your left inner thigh.