CMT of the Hip and Rehab

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2 hours

- Current approaches in rehabilitation and CMT of the hip will be presented. Anatomy, biomechanics and soft tissue assessment for mobility and stability dysfunctions will be reviewed to enable the clinician to establish a differential diagnosis between soft tissue or joint dysfunction. CMT techniques will be taught for the restoration of pathomechanics with an emphasis on joint play evaluation and functional movement patterns. The relationship between the lumbar spine, hip, pelvis and core stability will be presented. The use of modalities and manual techniques will be incorporated with active care in novel and evidenced based treatment principles.

First Hour: Anatomy, biomechanics and functional examination of the hip including orthopedic and muscle testing. Assessment of joint play and CMT of the hip.

Second Hour: Mobilization techniques for hip joint dysfunction and modalities for improved soft tissue compliance will be reviewed. Appropriate stacking of active care and modalities for superior outcomes will be introduced.

L**earning Objectives:**

- Review biomechanics and relevant anatomy of the hip
- Joint play assessment of the hip
- Differentially diagnose contractile from non-contractile soft tissue injuries of the hip
- Demonstrate mobilization and manipulation of the hip
- Active care progressions for hip dysfunction
- Learn appropriate stacking of manual therapy, modalities and active care

References:

- Musculoskeletal Physical Examination, Malanga G, Mautner, K, Elsevier, Philadelphia PA, 2nd edition, 2017
- Therapeutic Exercise, Foundations and Techniques, Kisner C, Kolby LA, FA Davis, Philadelphia, PA, 6th Edition 2012
- Essentials of Corrective Exercise, National Academy of Sports Medicine, NASM, Calabass CA, 2007
- Fadari Dehcheshmeh *et al.* Effect of lumbopelvic control on landing mechanics and lower extremity muscles'activities in female professional athletes: implications for injury prevention, *BMC Sports Sci Med Rehabil (2021) 13:101*
- M. Solana-Tramunt, et al. Diagnostic accuracy of lumbopelvic motor control tests using pressure biofeedback unit in professional swimmers: A cross-sectional study Journal of Orthopaedics 16 (2019) 590–595