



DISPLAY 7-5

Hip Joint Mobilization

Hip Distraction/Distal Traction

Purpose: pain relief and general mobility

Position: patient is supine or prone on the table, with the pelvis stabilized with a belt; therapist grasps either the distal thigh or the distal calf, depending upon whether or not you want distraction through the knee joint; a belt can be used around your waist and hands to reinforce the grip and allow use of body weight

Mobilization: a distal traction force is applied to the leg by shifting your body weight backwards

Hip Lateral Traction

Purpose: pain relief and general hypomobility

Position: patient is supine with pelvis stabilized with a belt; the hip may be in any degree of flexion to extension depending upon the direction of hypomobility; mobilizing belt is placed around your pelvis and the patient's proximal thigh

Mobilization: lean backward to apply a lateral traction force to the hip

Hip Anterior Glide

Purpose: increase extension and external rotation

Position: patient is prone with knee flexed to 90 degrees and a firm wedge or towel roll placed under the anterior pelvis; mobilizing hand just distal to posterior hip, and stabilizing hand grasps ankle to stabilize leg

Mobilization: anteriorly directed force through mobilizing hand via forward weight shift

Hip Posterior Glide

Purpose: increase flexion and internal rotation

Position: supine with hip near full flexion, knee flexed, pelvis stabilized on table or with additional wedges or support; mobilizing hands on patient's knee

Mobilization: a posteriorly directed force through the long axis of the femur