

THE RECOVERY

MARCH 2014



Do you have pain or a popping sensation in your hips? Dancers can be susceptible to Tendonitis in their Hip Flexors and even Snapping Hip Syndrome. What are these and what can you do to help prevent or better your symptoms?

****This information is generalized and should not be used if you have not consulted your Physician or Physical Therapist for proper diagnosis and treatment****

WHAT IS HIP FLEXOR TENDONITIS?

Hip Flexors are a group of muscles that are located from your lower back, which includes the psoas major, psoas minor and iliacus, to the front of your thigh, which includes the rectus femoris. These muscles are used to let you sit, bend, lift your legs, turning, and turnout at the hip. Ballet demands continuous and complex movements like kicks, leaps, arabesques, hops, pliés, fouettés, and intricate footwork so the muscles need to stay strong and flexible. Without the proper strength training or stretching dancers can be predisposed to tendonitis in their hip flexors. Tendonitis is developed from the overuse or repetitive motion carried out. Pressure and irritation on these muscles can cause swelling on the tendons that are attached to them, resulting in Hip Flexor Tendonitis. Tendonitis in your hip flexors may cause discomfort in your daily activities. The best way to help this condition is by properly stretching the muscles and tendons and strengthening the abdominal muscles that assist the hip flexors in their work.

WHAT IS SNAPPING HIP SYNDROME?

This is usually characterized by a snapping or clicking sound in your hip when you walk, stand or rotate your hip joint. It can be associated with or without pain, some may experience the pain in their groin, which gets worst during physical activity. There are two types of Snapping Hip Syndrome: External and Internal.

External Snapping Hip Syndrome:

External SHS occurs when the iliotibial band ("IT Band") or gluteus maximus snaps over the greater trochanter of the femur. During hip flexion the IT Band moves forward; then when brought back to the standing position, the gluteus maximus contracts and moves behind the great trochanter. The posterior motion of the ITB or the anterior motion of the gluteus maximus can then create the snapping sensation as it crosses over the great trochanter.

Internal Snapping Hip Syndrome:

Internal SHS occurs when the iliopsoas tendon snaps over a bony prominence of the pelvis. Another reason for internal snapping is from when the hip is flexed, abducted, and externally rotated the tendinous part of the iliopsoas sits lateral to the front of the femoral head and hip capsule. It passes over the femoral head and hip capsule to a more medial position with hip extension, adduction, and internal rotation, causing the snapping sensation.

Common signs and symptoms:

- *Snapping or popping in the front, side, or back of hip when lifting, lowering, or swinging leg
- *Weakness in the leg when trying to lift it forward or sideways
- *Tightness in the front or back of hip
- *Swelling in the front or side of hip
- *Difficulty performing daily activities such as rising from a chair and walking

Common causes:

- *Weak external rotations of the hip
- *Poor pelvic alignment during dance
- *Weak core muscles
- *Inflexible hip musculature

POINTS OF INTEREST:

***WHAT IS HIP FLEXOR TENDONITIS?**



***WHAT IS SNAPPING HIP SYNDROME?**

- EXTERNAL
- INTERNAL



***EXERCISES**

- HIP FLEXOR STRETCH
- PIRIFORMIS STRETCH
- HAMSTRING STRETCH
- BIRD DOG
- BRIDGING
- LOWER ABDOMINAL STRENGTHING
- PLANK
- SIDE PLANK



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San Antonio Center for Physical Therapy
Located in Suite 210 of the Sonterra Oaks Medical Plaza

From I-10:

Take 1604 East to 281. Stay on access road and take the turnaround to access road for 1604 West. Turn right on Hardy Oaks Blvd, just past Brick House Tavern & Tap.

From 281, Heading North or South:

Take Sonterra Blvd Exit. Take right onto Sonterra Blvd.
Turn left on Hardy Oak Blvd.

From I-35:

Take 1604 West to Stone Oak Pkwy Exit. Merge to right lane of access road. Turn right onto Hardy Oak Blvd, just past Brick House Tavern & Tap.



Hip Flexor Stretch (kneeling):

1. Kneel on effected leg and bend your good leg out in front of you, with that foot flat on the floor.
2. Keep your back straight, slowly push your hips forward until you feel a stretch in the upper thigh of the back of your leg and hip.
3. Hold stretch for about 15-30 seconds and repeat 2-4 times



Bridging:

1. Lie on your back with both knees bent, your knees should be bent about 90 degrees.
2. Then push your feet into the floor, squeeze your buttocks, and lift your hips off the floor until your shoulders, hips and knees are all in a straight line.
3. Hold for 6 seconds as you continue to breathe normally, then slowly lower your hips back down to the floor and rest for about 10 seconds. Repeat 8-12 times.



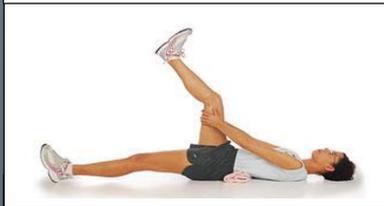
Quadriceps Stretch:

1. Stand next to a wall or stable surface and hold onto it with either your right or left hand.
2. Reach back with your free hand as you lift the opposite leg of that hand towards your buttocks. Keep your torso straight, grab your ankle with your hand and gently pull your heel until you feel a stretch in the front of your thigh.
3. Hold stretch for about 30 seconds, then lower your foot and perform the stretch with the other hand and leg.



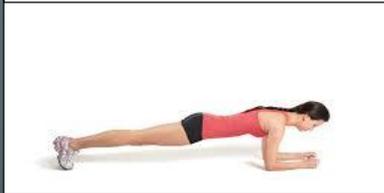
Hamstring Stretch (lying down):

1. Lie flat on your back with your legs straight. If you feel discomfort in your back, place a small towel roll under your lower back.
2. Hold the back of your affected leg for support, lift that leg straight up and toward your body until you feel a stretch at the back of your thigh.
3. Hold stretch for about 30 seconds.



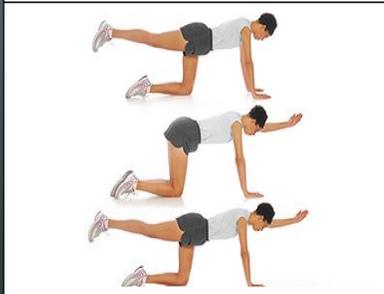
Plank:

1. Lie face-down on the floor. Lift yourself up so that your weight is equally distributed on your elbows and toes, with your elbows directly below your shoulders.
2. Tighten your abdominal muscles; contract your core and your glutes. Make sure your back is straight, your buttock is down and your hips aren't sagging. You should be in a straight line from your neck to your heels.
3. Hold the plank for about 20-45 seconds then relax. Repeat 2-3 times.



Bird Dog:

1. Start on the floor, on your hands and knees. Try to keep your body straight at all times.
2. Tighten your abdominal muscles by pulling your belly button in towards your spine. Remember to breathe.
3. Raise one leg off the floor and hold it straight out behind you. Be careful to not let your hips drop down because that will cause your trunk to twist.
4. Hold for about 6 seconds, then lower your leg and alternate to your other leg. Repeat about 8-12 times per leg.
5. If there is zero pain try this exercise with your arms, alternate arms straight in front of you. Be careful to not drop your shoulders because it will cause your trunk to twist. You can also try this exercise buy using both your arms and legs by alternating the opposite leg and arm.



San Antonio Center for Physical Therapy is a privately-owned clinic offering personalized rehabilitative care to individuals with neuromuscular and musculoskeletal dysfunctions. The Doctors of Physical Therapy are certified Manual Therapists and specialists in orthopedic and sports injuries. We are committed to excellence by providing quality, cost-effective, outcome-based physical therapy. It is of utmost importance that our patients are treated with respect and friendliness in a professional, caring environment. Dr. Jarrett and Dr. Nietz received their Manual Therapy Certification (MTC) during their Doctoral studies at the University of St. Augustine for Health Sciences in Florida. They utilize a unique manual approach to specialize in the treatment of spinal dysfunction, headaches, neck pain, and sports injuries. They are the company Physical Therapists for San Antonio's premier professional ballet company, Ballet San Antonio. Dr. Jarrett and Dr. Nietz have specialized training and certifications through the American Sports & Fitness Association and the Harkness Center for Dance Injuries. Dr. Nietz has further training and certification through BACKtoGOLF and the Titleist Performance Institute.

