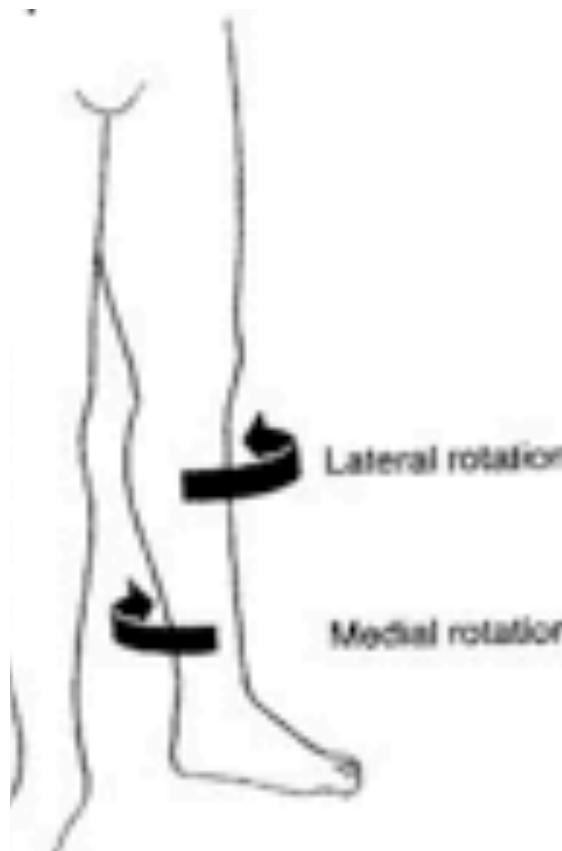


# Hip Motion





**Can you turn your leg inward and outward with a good deal of range of motion and no pain?**

With your leg straight and knee locked turn your leg as much as you can inward and then outward. Normal amount of inward and outward rotation is 35 to 45 degrees. People with early degenerative arthritis lose rotation of the hip (especially medial, inward rotation) in the affected hip before losing flexion and abduction. **Do you have restricted range of motion of the hip? If you do the wellness team can help you design a program.**

**Solving problems before they happen.**



## Can you make a figure four with your leg with a good deal of range of motion and no pain?

The figure four stretch, which is also a test, offers some useful information. First you should be able to do this without pain. Secondly both legs should have the same range of motion. If you have pain or a difference in range of motion an issue may be occurring with your hip. Talk to a medical professional about this. Normal amount of motion is 45 degrees. People with early degenerative arthritis lose rotation of the hip. People who experience low back pain may be having issues in their sacroiliac joint. **Do you have restricted range of motion of the hip or low back pain? If you do the wellness team can help you design a program.**

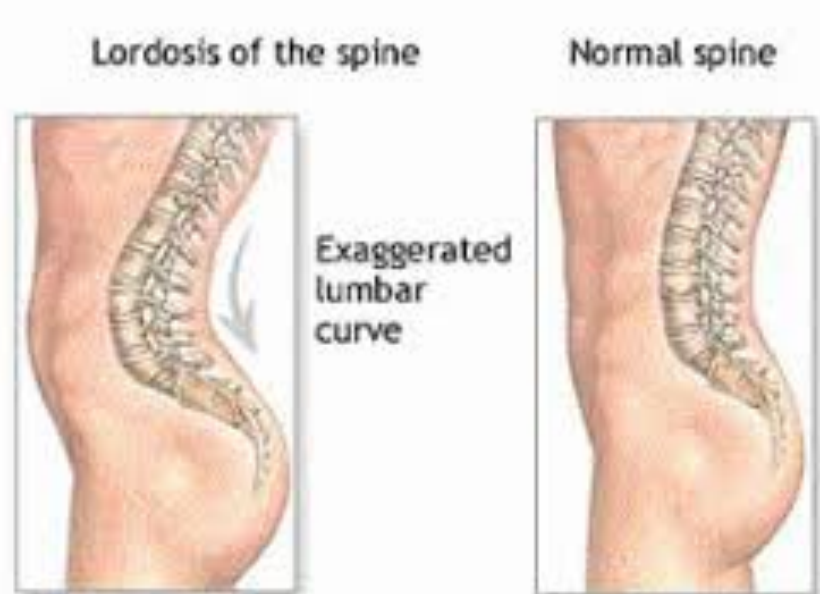


**Solving problems before they happen.**

# Can you lie on your back bringing one knee into chest without the other leg coming off the ground?



This is a hip flexor stretch, which is also known as the Thomas test, offers some useful information. First you should be able to do this without pain. Secondly both legs should have the same range of motion. If you have pain or a difference in range of motion an issue may be occurring with your hip. Talk to a medical professional about this. Normal amount of motion is where the long leg does not come off the ground. People with hip flexor tightness sometimes have low back pain and sit a lot. They may also have lordotic posture (excessive inner curve). **Do you have restricted range of motion of the hip flexor? If you do the wellness team can help you design a program.**





**Can you lie on your side with keeping your pelvis perpendicular to the floor while having your top knee touching or going beyond the bottom, opposite knee without effort?**



This is a IT Band stretch (IT=iliotibial), which is also known as the Ober test. It offers some useful information. First you should be able to do this without pain. Secondly both legs should have the same range of motion. If you have pain or a difference in range of motion an issue may be occurring with your hip or knee. The IT band transfers force from your gluteal muscles to the knee and lower leg. People with IT band tightness sometimes have knee or hip pain. They may also have wide hips. **Do you have restricted range of motion of the IT Band? If you do the wellness team can help you design a program.**



**Solving problems before they happen.**