

Intra-Session Symptom Reduction of Hip FAI With Patient Corrective Loading

If you're looking for a video of the assessments I demonstrated, please reach out to me on [Instagram](#). I'll have to distribute this in an automated fashion due to the video size.

Standing Observational Assessment:

- Standing Global Flexion Pattern
- Standing Global Extension Pattern
- Standing Global Rotation Pattern
- "Best Squat You've Ever Seen" Test
- Star/ Y Excursion Test

Common Findings:

- Frontal Plane drift
- Excessive motion in regions
- Blatant "white elephant" asymmetry
- Regions of feet lifting
- Loading onto side of CC

Local Regional Testing:

- RROM - hip flexion, knee ext, knee flexion, hip extension prone
- PROM Hip
- Scour's Test
- Circumduction Test
- Axial Compression Test in Quadrants
- FABER's Test
- Dynamic Testing of all position
 - Belly "Press your guts into my hand"
 - Hand Press - "press me away"
 - ¼ Sit up
 - Press your other calf into the table

Common Findings:

- You all know your ortho findings, just try to disprove them with a dynamic aspect by making the test active to some degree. This means they can decrease their symptoms with some supportive method of some fashion, to some degree.

Interventions:

- **Box 1 (First- Aid)**
- **Box 2 (Corrective/ Buttrekking)**
 - Glute Priming one side (low diagonal sit)
 - Glute Priming 2 sides (accordions)
 - Anti Extension torso (pull bug)
 - Patterning (bridge + KB) (Bridge + Front lever)
 - Goblet Squat Pattern/ Hold
 - Frozen Skater/ Isometric SLDL
- **Box 3 (Strength and Conditioning)**
 - Hip Hinge
 - SLDL
 - Goblet Squat or Cowboy Squats
 - Suitcase carry
 - High Tension Push Up Position Plank
 - 1 Arm Horizontal Pull Variation
- **Box 4 (Return to Meaningful Play)**

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