

## Restriction Release:

©Lorraine Lovejoy-Evans, MPT, DPT

### Hip Thigh Back [HTB]

### **For: Back, hip, and leg pain**

2X/day check both right and left sides of the body. Treat worst points first.

### **Restriction Indicator (RI):**

In hamstring muscle belly on the back of the thigh either toward the inside or outside of the leg pushing toward the front of the body on the thigh bone.



### **Movement Combination:**

1. Lay on bed on back with RI leg off of the bed as far as comfortable  
(If bed is too low and foot is hitting ground—straighten the knee with heel hitting ground—attempt to get the knee backwards of the buttocks).
2. Turn toes in or out to turn off RI



**Alternate Movement Combinations:** Hold onto chair, wall or counter in standing with leg of RI side about 2 feet behind the opposite leg and lean backward at shoulders.

Recheck RI in same direction with same amount of pressure. Find position of the leg that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Maintain contact with tender point but stop pressing. Recheck RI every 30-45 seconds—if RI not released, try slightly different position and restart the clock for 90 more seconds. Slowly return to neutral and recheck RI.