

## Restriction Release:

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### Hip Thigh Outside [HTO]

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

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

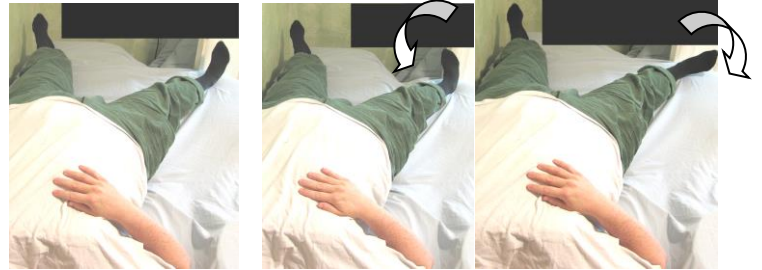
### **Restriction Indicator (RI):**

On side of leg at back of big bump on side of hip and down along outside of leg from hip to knee along pants seam.



### **Movement Combination:**

1. Lay on bed on back with tender point leg out to side as far as comfortable (leg like jumping jack).



2. Try turning toes in toward

opposite foot or out away from foot until you find position that reduces tender point.

### **Alternate Movement Combination:**

1. Hold onto wall or chair or counter in standing or sitting and put foot of RI leg out to side on chair-may need to lean upper body toward the leg. Try turning toes in or out until RI resolved.



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.