

Restriction Release:

©Lorraine Lovejoy-Evans, MPT, DPT

Hip Thigh Inside [HTI]

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 inside of thigh from the groin down to the knee where the inside pants seam would be-check in sitting or have someone else help to find sore spot. After treatment sit back up and check for sore spot again. If turned off this was the correct position-if not try again and turn toes in or out even more.



Movement Combination:



1. Lay on back or sit with tender side leg scissored under opposite leg.
2. Cross non-tender foot over knee of tender side - may bend knee or keep leg straight. If unable to cross-move the non-tender leg out to the side out of the way.
3. Turn toes in or out to turn off tender point.



Alternate Movement Combination:

Hold onto chair, wall or counter cross leg of RI side behind other leg



Alternate Movement Combination:

Lay on side opposite tender point

Let leg of RI hang off bed (either behind or in front of body).

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 if able 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.