

Restriction Release:

©Lorraine Lovejoy-Evans, MPT, DPT

Hip Thigh Front [HTF]

For: Back, hip, and leg pain

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

Restriction Indicator (RI):

Lay flat on back with knees straight or stand.

Push on front hip at the center of the hip. Push at the bone and slide down onto the thigh and push in toward the back of the leg. Poke around until you find the most tender spot on the front of the groin or thigh.



Treatment Position:



Lay on couch with sore side toward back of couch. Find tender spot but stop pushing.

Bring ankle of sore side to top on the back of couch (or lay on floor with foot over bed edge). May need to turn the toes in or out slightly.

Alternate Treatment Position:



Hold onto chair, wall or counter. Put the foot of the RI leg onto a chair. Bring shoulders toward leg until you find position that resolves the RI.

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.