



Adelaide Sports
Physiotherapy

Hip and Pelvic Program

**Contact us today
and ask for a consult
with one of our Hip
Physiotherapists:**

- ▶ Jim Mack
- ▶ James Mack
- ▶ Chris Williams

Adelaide Sports
Physiotherapy



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The Adelaide Sports Physiotherapy Hip Program features:



Detailed assessment

Assessment of lumbar, pelvic and hip motion, stability and mechanics in relation to presenting pathology.



Real time ultrasound

Assessment and retraining of deep stabiliser muscle activation of the core and hip.



Chronic pain management



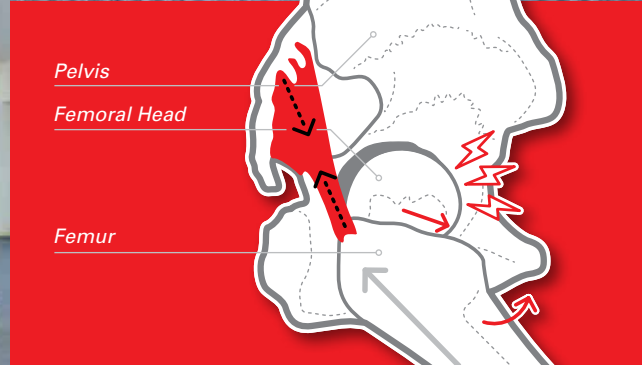
Initial manual therapy

Soft tissue release, muscle energy techniques, mobilisation.



Progression

Supervised or home based rehabilitation exercise program incorporating Pilates, key stretches and Functional Strength training.



Our program helps to:

- ▶ Ease anterosuperior hip compression by reducing butt and hip flexor gripping even in the presence of FAI.
- ▶ Stabilise the acetabulum as well as head of femur by improving sacroiliac and hip joint motor control.
- ▶ Address coexisting problems in lumbar spine, pelvis, knee and foot.
- ▶ Develop real strength in the whole kinetic chain that affects the hip.
- ▶ Assist clients to return to work, sport, fitness and physical activity.

Suitable for clients with symptoms related to:

- ▶ Gluteal tendinopathy and bursitis
- ▶ OA hip
- ▶ Symptomatic labral tears
- ▶ Femoroacetabular Impingement
- ▶ Ischiofemoral Impingement
- ▶ Piriformis syndrome
- ▶ Pelvic girdle pain (sacroiliac, pubic symphysis, pelvic instability)
- ▶ Post-operative rehabilitation
- ▶ Failed rehab with no current surgical options
- ▶ Sporting groin pain