Contents

Anatomy of the Lumbopelvic

Section I: Basic Science and the Examination Process

1 Anatomy of the Lumbopelvic Hip Complex, 1

Scott W. Cheatham and William J. Hanney

LUMBAR SPINE, SACRUM, AND COCCYX, 1

Lumbar Spine, 1
Sacrum and Coccyx, 5
Nerves of the Lumbar Spinal Cord, 6
Blood Supply to the Lumbar Region, 8
Muscles of the Trunk: Abdominal Core, 8
Inguinal (Groin) Region, 13

THE PELVIC GIRDLE, 13

Bones and Ligaments, 13 Nerve Supply to the Pelvis, 14 Blood Supply to the Pelvis, 18 Muscles of the Pelvis, 18 Hip Joint, 19

MOVEMENT OF THE LUMBOPELVIC HIP REGION, 26

Lumbar Spine, 26
Pelvis and Sacroiliac Joint, 26
Hip Joint, 28
Lumbopelvic Hip Motion, 28
Weight-Bearing Functions of the Lumbopelvic Hip Complex, 31
Summary, 31

2 Examination of the Hip and Pelvis, 35

Scott W. Cheatham
Client Profile, 35
Clinical Examination, 38
Patient-Related Outcome (PRO) Questionnaires, 51

Section II: Pathologic Conditions

3 Hip Disorders: Extraarticular, 56

Keelan Enseki and Scott W. Cheatham Snapping Hip Syndrome, 57 Meralgia Paresthetica, 60 Adductor-Related Groin Injuries, 65
Osteitis Pubis, 71
Lateral Hip Pain and Greater Trochanteric
Pain Syndrome: Bursitis, Proximal Iliotibial Band
Syndrome, and Gluteal Tendon Disorders, 73
Proximal Hamstring Injuries, 78
Hip Flexor Injuries and Iliopsoas Bursitis, 87
Piriformis Syndrome, 90
Entrapment Neuropathies of the Hip and
Pelvis, 92
Case Studies, 93

4 Femoral Acetabular Impingement and Labral Tears, 108

Keelan Enseki and Dave Kohlrieser

General Information and Anatomic
Overview, 109
Cartilage Lesions of the Hip Joint, 114
Differential Diagnosis of Related
Conditions, 114
Clinical Examination, 115
Early Intervention and Symptom
Prevention for Femoral Acetabular
Impingement, 122

Rehabilitation Considerations for Nonsurgical
Management of Symptomatic Femoral
Acetabular Impingement, 123

Surgical Options for Femoral Acetabular Impingement and Acetabular Labral Tears, 124

Postoperative Rehabilitation Following Hip Arthroscopy, 128

Functional and Activity Progression Considerations for Patients With Acetabular Labral Tears and Femoral Acetabular Impingement (Nonoperative and Postoperative), 133

Patient-Reported Outcome Measurements for Patients With Labral Tears and Femoral Acetabular Impingement, 134

Summary, 135 Case Studies, 135

5 Musculoskeletal Sources of Abdominal and Groin Pain: Athletic Pubalgia, Hernias, and Abdominal Strains, 143

Aimie F. Kachingwe Abdominal Strains, 143 Abdominal Wall Hernias, 153 Sports Hernia or Athletic Pubalgia, 158 Case Study, 169

6 Hip Osteoarthrosis, 178

Morey J. Kolber
Background, 179
Pathophysiology, 179
Epidemiology, 181
Clinical Presentation, 184
Differential Diagnosis, 188
Diagnosis, 189
Prognosis, 190
Nonsurgical Interventions, 191
Surgical Interventions, 195
Summary, 206
Case Studies, 206

7 The Pediatric and Adolescent Hip, 216

Melissa Moran Tovin, Alicia Fernandez-Fernandez, and Fran Guardo
Typical Developmental Dysplasia of the Hip, 216
Congenital Femoral Deficiency, 224
Slipped Capital Femoral Epiphysis, 229
Legg-Calvé-Perthes Disease, 232
Overuse and Sports-Related Injuries of the Hip, 236
Case Studies, 237

8 The Dancer's Hip, 249

Melissa Moran Tovin and Whitney Chambers
Unique Factors That Contribute to Hip Injuries in
the Dancer, 250
Snapping Hip Syndrome (Coxa Saltans), 260
Focal Rotatory Laxity, 263
Labral Disorders, 270
Other Musculoskeletal Injuries of the Hip Common in Dancers, 273

Hip Injury Prevention in Dance, 274 Conclusion, 278 Case Studies, 278

9 The Female Hip and Pelvis, 285

Darla Bowen Cathcart

Anatomy of the Female Pelvis, 286

Standardized Terminology of Pelvic Muscle
Function, 293

The Connection: Pelvic Diaphragm Muscles
and Low Back, Pelvic Girdle, and Hip Pain
and Conditions, 296

Chronic Pelvic Pain, 306

The Prenatal Woman, 312

The Postpartum Woman, 316

Collaboration With Pelvic Health Therapists, 321

Case Studies, 325

10 Influence of Lumbosacral Disorders on the Differential Diagnosis of Hip Pain, 335

William J. Hanney and Morey J. Kolber
Anatomy and Pain, 335
Lumbosacral Conditions, 341
Summary, 352
Case Studies, 352

11 Hip and Pelvic Injuries, 358

Peter Aaron Sprague
Hip Fractures, 358
Pelvic Rim Trauma, 367
Rehabilitation Considerations Following Hip and
Pelvic Trauma, 372
Case Study, 373

Appendix A Lower Extremity Muscles and Nerve Innervations, 377

Appendix B Hip Functional Performance Tests, 382

Appendix C Radiography of the Hip: Lines, Signs, and Patterns of Disease, 384