Evaluation of Hip Disorders and Ruling Out the Lumbosacral Spine

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Differential Diagnosis Lumbar/Pelvis/Hip

1. Subjective examination
   a. History
   b. Behavior of symptoms

2. Physical Examination
   a. Objective findings
   b. Combination of objective measurements and response from the patient

3. Mechanical versus non-mechanical pain

4. Mechanical Pain - pathology
   a. Lumbar
   b. Pelvis
   c. Hip

5. Mechanical pain - non-pathological
   a. Rule out pelvis
   b. Rule out lumbar spine
   c. Rule in hip

6. Mechanical non-pathologic hip pain
   a. Arthritic hip (capsular patterns)
   b. Non-arthritic hip (non-capsular patterns)
7. Imaging decisions based on clinical findings

8. Clinical decisions
   a. Referral
   b. Consultation
   c. Intervention
Post Surgical Management of Arthroscopic Hip Surgery

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I. Indications
   a. Subjective reports
   b. Clinical findings
   c. Diagnostic testing

II. Procedures
   a. Labral procedures
      i. Deridement
      ii. Repair
   b. Capsular Procedures
      i. Thermal modification
      ii. Plication
c. Osseous/Chondral Procedures
   i. Microfracture
   ii. Osteochondroplasty
   iii. Loose body removal

d. Combined procedures

III. Rehabilitation
   a. Immediate post-operative issues
      i. Control of inflammation
      ii. Controlled ROM
      iii. Strength integrity
   b. Range of Motion Issues
   c. Weight Bearing Issues
d. Strength Issues

e. Return to Function
   i. Balance
   
   ii. Ambulation/ADLs

   iii. Competition/Occupation
Conservative Treatment of Hip Disorders Using a Classification System

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1) Introduction/Background

   A) Evaluation algorithms

   B) Classification-based Treatment

   C) Review of the literature

2) Anatomical Considerations

3) Classifications

   A) Primary labral pathology

   B) Femoral-acetabular impingement

   C) Capsular laxity

   D) Degenerative articular cartilage
4) Evaluation
   A) Lumbar/sacral pathology

   B) Extra-articular vs. Intra-articular

   C) Classifying intra-articular pathology

5) Case Studies
References


