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ORTHOPAEDIC SECTION
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Pongetti G, Skaling J, Manal TJ.
**A Gymnast's Low Back Pain Responds to
Shoulder and Hip Stretching.**
2008;20(4):219-223.

ARTICLE SUMMARY

In this case report, the authors demonstrate how stretching the shoulder and hip can decrease the subjective complaints of back pain during daily and gymnastic activities. The subject was a 14 year old female, level 10 USA Gymnastics Junior Olympic gymnast with a 2-year history of low back pain. The authors explain why hip and shoulder flexibility is a vital component to gymnastics activities and provide examples that include descriptions as well as pictures to support their hypothesis. A therapeutic exercise and manual therapy approach to this patient is described as well as a very comprehensive functional program, specific to gymnastics, that follows a logical, stepwise process. The patient was discharged after approximately 3 months and showed improvement in range of motion, pain rating, and questionnaire data.

[Return to Menu](#)