

A Comparison Between Hip Internal Rotation Mobilization to Posterior Glide and Their Effects on Hip Internal Rotation

Kelsey Darnell*, Justin Harland, Aaron Casner, Trevor Kimball, David Tuong

Faculty: Michael Rogers

Department of Physical Therapy, College of Health Professions

Our purpose for this research is to compare the current manual therapy standard to a new technique to increase internal rotation of the hip. The current manual therapy standard is used to facilitate the hip joint into a healthy joint position to enable normal joint movement.

Methods:

Our study consisted of a three week program containing three groups: A – hip internal rotation mobilization (HIRM) with strengthening program, B – posterior glide with strengthening program, C – control group. Each participant returned weekly for right hip mobilizations, if applicable, and bilateral hip pre/post measurements.

Results:

The study found no significant differences between the experimental and control conditions. There was an insignificant trend towards an increase in hip internal rotation when mobilizations were used with strengthening when compared to strengthening alone and the control group. These findings show that the HIRM is an equal alternative treatment option for clinical use.