HIP INSTABILITY: FACTS AND FICTION OF THE MECHANISMS, CONTRIBUTING FACTORS, AND MANAGEMENT OF THE UNSTABLE HIP JOINT IN ATHLETICS

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Course Objectives:

• Apply current evidence of anatomical and biomechanical relationships to evaluation, differential diagnosis, and management of hip instability.
• Prioritize a systematic examination that can be used to evaluate a patient with suspected hip instability.
• Understand indications for conservative and surgical management of hip instability.
• Implement therapeutic interventions to enhance neuromuscular control of the hip region in an effort to improve hip stability.

Course Outline

Review of Anatomy of the Hip Joint
  Osteology
  Capsular, Labral, and Ligamentous structures
  Muscular

Pathoanatomical and Biomechanical mechanisms of Hip Instability in Athletics

Evaluation of Hip Instability
  Subjective complaints/History
  Objective Measures
  Special tests
  Functional Tests

Diagnostic Imaging of the unstable hip

Conservative Management of Hip Instability

Surgical Considerations and Post-operative rehabilitation for Hip Instability

This is a preliminary handout. Full handout will be posted on SPTS website on the CSM handout page on the day of the lecture.
REFERENCES


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**Conflict of Interest Disclosure**
The instructors of this course disclose the following conflict of interests: Dr. Hal D. Martin is a consultant for Smith and Nephew.