

Step 1: The patient is then asked to squeeze the buttock and bring the leg back toward the therapist extending the hip.

Step 2: While the patient extends the hip the therapist provides gentle resistance to the movement.

Step 3: Once the leg is extended to just beyond the trunk, the patient is instructed to relax while the therapist passively brings the leg back into the flexed position.

Step 4: This can be repeated until the patient feels fatigue or a burning sensation in the buttock.

Once inhibition of concentric muscles and facilitation of eccentric conditioned muscles has been completed, it is important to lengthen the concentric muscles by stretching.

### MRMT Phase 3: Stretching Concentric Conditioned Iliopsoas

**TECHNIQUE:** Stretching of concentric condition muscle

**Description:** Patient stretches a concentric condition muscle. Muscle is stretched by the patient lengthening the muscle, by moving the muscle attachments apart. The therapist assists the movement by applying pressure on the extremity to further lengthen the muscle.

**Application:** Treating a concentric conditioned Iliopsoas muscle (Figure 7)



Fig. 7

Position of patient: Supine position with opposite knee pulled to the chest

Position of therapist: Standing at the patient's side to be treated.

Step 1: The patient is then asked to abduct the hip and slowly drop the lower leg off the side of the table.

Step 2: The therapist hands are places on the thigh with the distal hand just above the knee.

Step 3: Gentle downward pressure is applied for 15 seconds, lengthening the iliopsoas. Repeat 2 times.



Fig. 8 Be aware of the precautions when Stretching a muscle! Avoid passively stretching when the patient exhibits excessive range of motion.

After stretching the concentric conditioned Iliopsoas, Re-Assessment of the hip extensors with the Bridge and the hip flexors with the Thomas Tool is necessary to determine effectiveness of treatment.

### MRMT Phase 4: Re-Assessment

The final phase of MRMT treatment of the Anterior Pelvic Tilt Condition is to provide Self Care education to maintain positive treatment results.



Fig. 9 The Bridge

If treatment goals are achieved, you should see:

- increased hip extension,
- less or no pinching in the lumbar spine, and
- no cramping in the hip extensors.

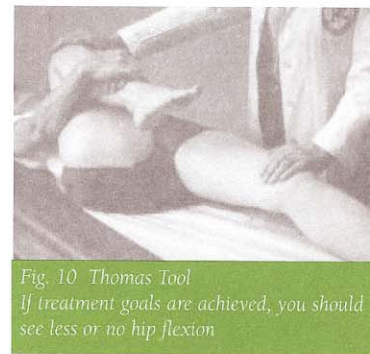


Fig. 10 Thomas Tool

If treatment goals are achieved, you should see less or no hip flexion

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