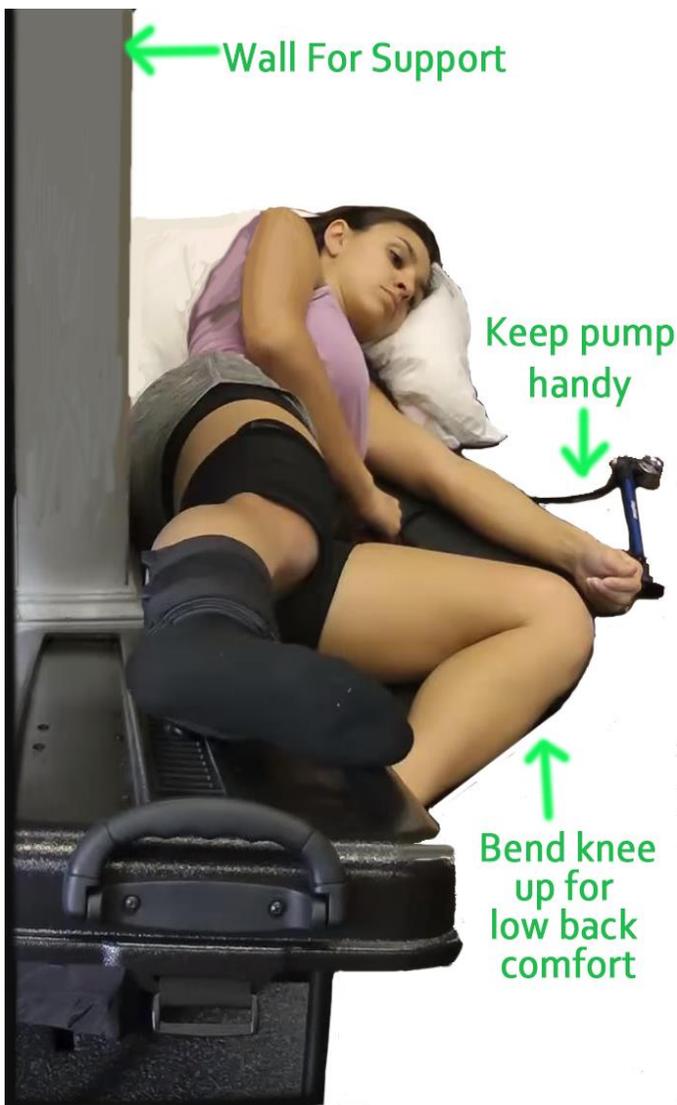


Side-Lying Protocol for Patients and Providers



Many individuals with hip joint pathologies such as osteoarthritis have a lot of trouble with simple tasks such as walking. The hip gets very tight and it limits the person's ability to stride out or take normal steps without pain. Using HipTrac can help with this limitation. **This advanced position and protocol are for people who have mastered using the supine (back-lying) protocol** all the way down to 0 degrees of flexion (unit closed) and are ready to gain more range of motion in extension (leg moving behind you as in walking). It primarily stretches the anterior joint capsule as well as the hip flexor muscles in the front of your hip allowing freer movement.

Steps to set up. You want to have 2 pillows and a mat for the floor.



- 1) Place the binding on the ankle with the hook rotated to the inside of the ankle. Connect the ankle and knee bindings and tighten the straps.
- 2) Set the HipTrac for the highest setting of 30 degrees of flexion, which in this case though really puts your leg in more abduction. You can start in lower angles if this is too high.
- 3) Make sure the HipTrac is butted up against the end of the wall. Place your back along the wall so that your body is completely straight from top of head to the ankle.
- 4) Hook the ankle binding into the HipTrac. In this case, your sit bones will not be touching the HipTrac, but you should be very close.
- 5) To relieve any stress on your lower back, the leg that you are lying on should be bent forward at the hip and down at the knee in a right angle so that your foot is flat against HipTrac.
- 6) Keep your torso along wall or move it forward at the pelvis to increase the amount of extension during treatment. Make sure you do not curl the body forward. Move over at the pelvis and keep your shoulder in alignment with the hip.
- 7) The result is that you are in hip extension meaning the leg on the HipTrac is slightly behind your body.

HipTrac™

Leading the Revolution in Hip Therapy



When transitioning into the side-lying technique, continue with the same protocol you were using in supine (back-lying). If this feels a little too intense initially, reduce the pressure and time slightly. Once you are comfortable, then gradually progress back up.

For patients for whom the supine protocol is not possible we recommend this as an initial side lying protocol.



Day 1-7: 1 minute holds under traction at 30-40 PSI, release halfway for 5-10 seconds, repeat 6-8 times.

Day 8-14: Begin to increase to 1-3 minute holds at 40-50 PSI, release halfway for 5-10 seconds. Repeat for a total of 12-15 minutes of traction time; choose the cycle based on comfort.

Day 14+: Increase to 1-5 minute holds. Progress gradually over time to as high a PSI (40-100+) as the patient reports comfortable for a total of 15-20 minutes of traction time, release halfway for 5-10 seconds. Choose the duty cycle based on comfort.

Once you are comfortable in the side-lying position with your back close to the wall, you may increase the extension stretch by simply sliding your pelvis forward so that your leg is further behind you.



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