Unraveling the Mystery of Hip & Thigh Injuries #1:
Hip Joint, Psoas & Sartorius Injuries

Instructor: Ben Benjamin, Ph.D.
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Webinar Goals

- Explore the assessment and treatment of the more ubiquitous injuries at the anterior hip.
Pretest

1. The sartorius muscle is:
   a) The longest muscle in the body
   b) The strongest muscle in the body
   c) A muscle that crosses one joint
   d) None of the Above

2. The primary tests that tell you the hip joint is inflamed is:
   a) Passive hip flexion and extension
   b) Passive medial rotation and flexion of the hip joint
   c) Passive medial rotation and lateral rotation of the hip joint
   d) Passive medial rotation and abduction of the hip joint
Pretest

3. Psoas muscle is attached to the:

   a) Transverse processes in the lumbar region
   b) Vertebral bodies in the lumbar region
   c) The intervertebral discs in the lumbar region
   d) All of the above

Pretest

4. The hip joint can refer pain to the:

   a) Low back
   b) From the groin and to the knee
   c) From the anterior hip and down to the ankle
   d) From the lateral hip to the calf
Pretest

5. A loose body in the hip joint means that:

a) The person is very relaxed
b) There is an infection in the hip joint
c) A tendon that crosses the hip is inflamed
d) There is a loose piece of bone or cartilage in the hip joint

6. If the hip is painful when side lying on a wooden floor this means

a) Psoas bursitis
b) Hip joint inflammation
c) A strained gluteus muscle
d) Trochanteric bursitis
Anatomy

Hip Joint
The Illiofemoral Ligament

The Pubofermoral Ligament
The Ischiofermoral Ligament

The Ligamentum teres femoris
Psoas Muscle
Psoas Bursa

Sartorius Muscle
Assessment

Hip Tests
Passive Lateral Rotation of the Hip Joint

Passive Abduction of the Hip Joint
Passive Posterior Hip Joint Stress

Passive Extension of the Hip Joint
Passive Adduction of the Hip Joint

Resisted Flexion of the Hip at 90-95°
Sartorius Test

Theory
Sartorius Muscle-Tendon Unit Injury

Sartorius

Sartorius Muscle-Tendon Unit Injury

Sartorius
Loose Body in the Hip Joint

Passive Medial Rotation and Passive Flexion

As the Condition Progresses:

Passive Abduction and Lateral Rotation
Hip Joint Inflammation

As the Condition Progresses to the end phase:

Psoas Muscle Strain
Psoas Bursitis

Referred Low Back Pain
Referred Low Back Pain

Trochanteric Bursitis
Treatment

Loose Body in the Hip Joint
Hip Joint Inflammation

Psoas Muscle Strain
Psoas Muscle Strain
Psoas Muscle Stretch

Psoas Bursitis or Trochanteric Bursitis

psoas

iliacus

psoas

bursa

Hip injection
Sartorius Muscle or Tendon Strain

Referred Low Back Pain
If I didn’t get to your question ask me here:
Facebook.com/DrBenBenjamin

Post-test

1. The sartorius muscle is:
   a) The longest muscle in the body
   b) The strongest muscle in the body
   c) A muscle that crosses one joint
   d) None of the Above
Post-test

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   a) Passive hip flexion and extension
   b) Passive medial rotation and flexion of the hip joint
   c) Passive medial rotation and lateral rotation of the hip joint
   d) Passive medial rotation and abduction of the hip joint

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Post-test

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