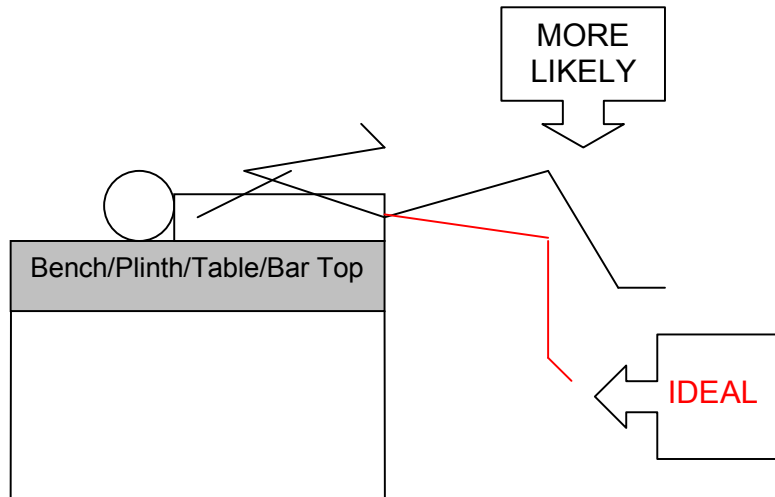


Tech Workshop Appendices [1]

Hip Flexor Test: “Thomas Test”



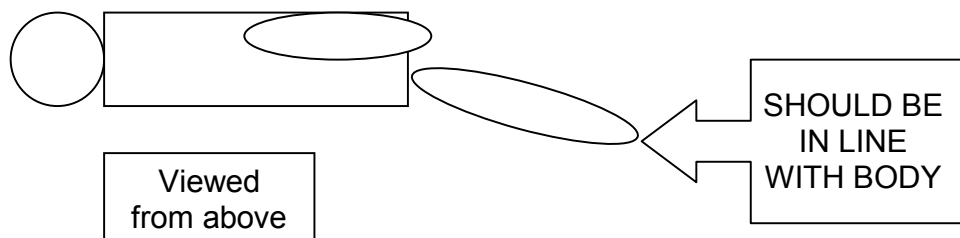
Lie (supine) on table/plinth/bar/etc. Bottom just perched on end (easiest to start with both legs bent up against chest).

Pull one leg against chest (with both hands) but keep your lower back in neutral, i.e. don't roll up the pelvis.

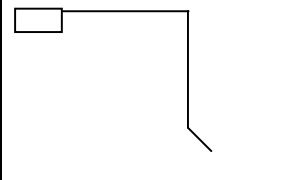
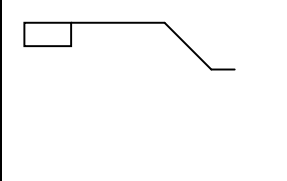
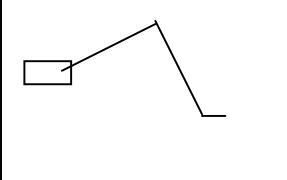
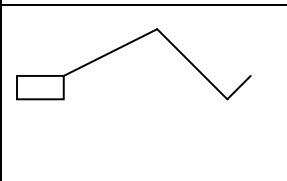
Relax the other leg and let it hang down, without changing your lower back posture. (Be aware of neural tension, i.e. tingles, numbness or pins and needles, and DO NOT force into this tension)

Check Pelvis stays square on bench, may need manual assistance.

Tracking: Check angle of thigh to body

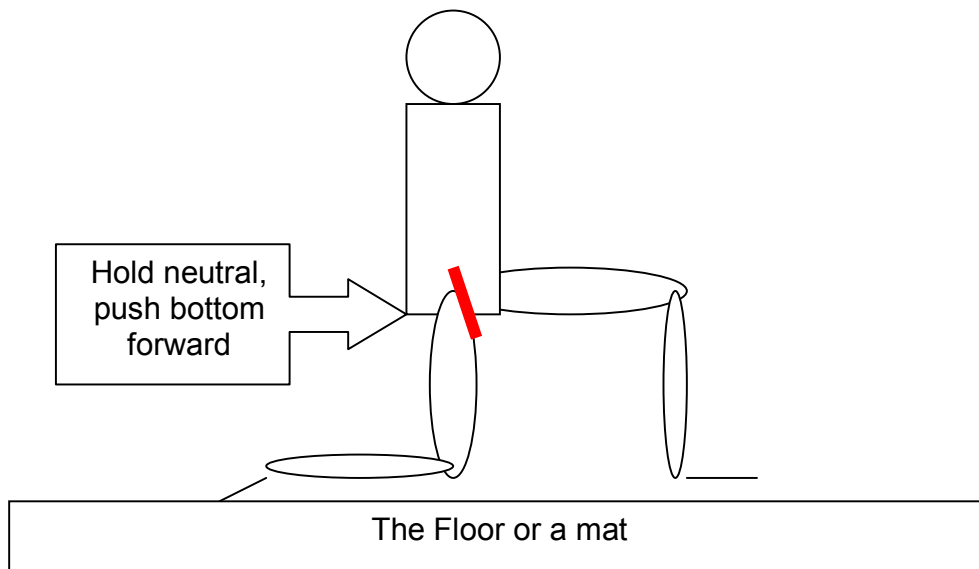


RESULTS

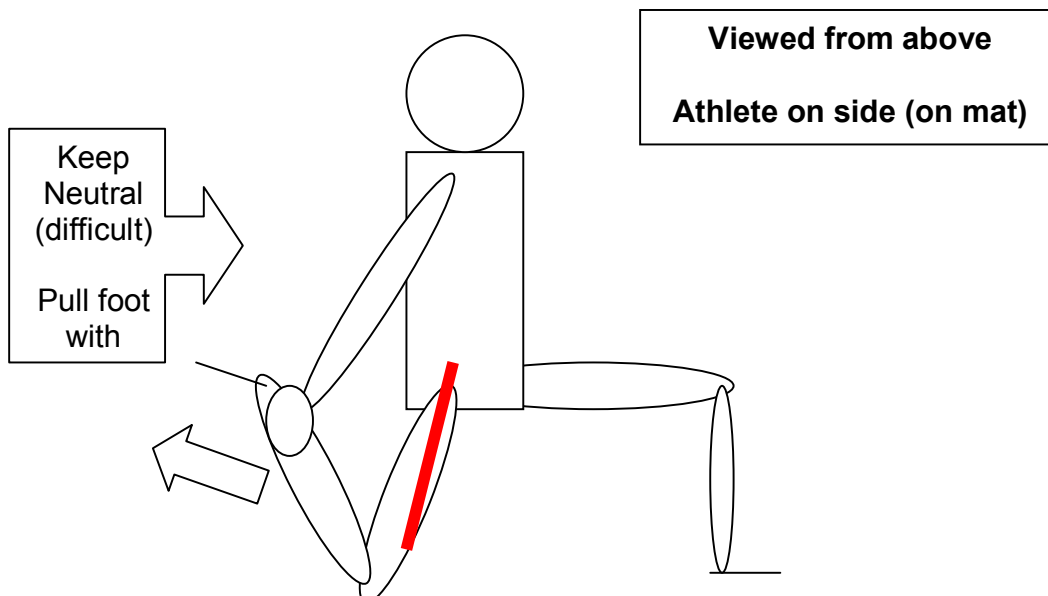
OBSERVATION	LOOKS LIKE	INTERPRETATION	ACTION
Observe from the side			
Thigh remains in line with the body and knee bends to 90 degrees		Ileopsoas length - Good Rectus femoris length - Good	Continue with current regime - it's obviously working.
Thigh remains in line with body, but lower leg is at an oblique angle		Ileopsoas length - Good Rectus femoris length - Shortened	Stretch Rectus Femoris
Thigh is raised higher than the line of the body, and knee is bent to 90 degrees		Ileopsoas length - Shortened Rectus femoris - Good	Stretch Ileopsoas
Thigh is raised higher than the line of the body and the lower leg makes an oblique angle to the thigh		Ileopsoas and Rectus Femoris both shortened	Stretch both Ileopsoas and Rectus Femoris
Observe from above			
The knee deviates outwards from the line of the body.	See above	Ileo Tibial band (ITB) - Tight	Use foam roller over IT bands

Stretches:

[a] Iliopsoas



[b] Rectus Femoris



[c] IT band Roller:

Use foam roll, BUT can be done with e.g. 2 Litre Coke bottle full of water (or a rolling pin, for the tough minded).

