



### Dynamic Stabilisation of the Hip & Pelvis Lesson 1 Introduction

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#### Goal Statement

Optimal control of the hip and pelvis is integral not only to the musculoskeletal health of this local region, but is the cornerstone of lower limb biomechanics. The pelvis also provides a base of support for the spine and upper limb, particularly in weight-bearing tasks.



This course aims to provide participants with information on stability mechanisms of the hip & pelvis, derived from a wide variety of scientific research and over 20 years of clinical experience.

#### Overall Aims

This course aims to:

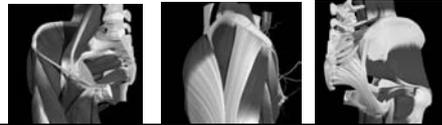
1. Enhance clinical reasoning, and skills for development of therapeutic exercise for the hip & pelvis
2. Challenge participants to re-examine their own clinical practice in the light of the presented evidence base
3. Stimulate new thought & provide direction for those who may be interested in contributing to the research base that is shaping contemporary clinical practice in this field.

#### Is this course suitable for you?

This course is suitable for anyone involved in the development of exercise programmes for the hip & pelvis, or the management of musculoskeletal pain of the lower quadrant.

Requirements:

Basic knowledge of anatomy & muscle function in this region



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#### Learning Objectives

Upon completion of this course participants should be able to:

- Describe the key elements required for optimal pelvic control
- Detail stability mechanisms for the hip & pelvis
- Define functional roles of the musculature surrounding the hip and pelvis
- Determine the most appropriate exercise approach for an individual using clinical reasoning strategies that consider:
  - type and stage of pathology,
  - minimisation of negative joint loading, &
  - optimisation of muscle recruitment in a manner that is consistent with the natural function of the target muscles

#### Content Outline

Lesson 2: Key elements for pelvic control & intrapelvic stability mechanisms

Lesson 3: Passive & dynamic stability mechanisms of the hip

The role of the dynamic system in controlling negative joint forces such as shear, impingement, & impact loading



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Course Content	
Lesson 4: Gluteus maximus	Function & Dysfunction
Lesson 5: The hip abductors	<input type="checkbox"/> Normal function 
Lesson 6: The hip flexors →	<input type="checkbox"/> Muscle function & joint pathology
Lesson 7: The hip adductors	<input type="checkbox"/> Muscle function & unloading 
Lesson 8: The external rotators	<input type="checkbox"/> Implications for therapeutic exercise 

**Lesson 9**

Summary & Conclusions