**Longitudinal distraction of the hip**

**Longitudinal**: (sidelying, supine)

In sidelying: mobilization may be applied directly to trochanter or indirectly through the femur.

In supine: therapist grasps patient’s ankle to produce *gentle* distraction force. Feel Resistance in varying degrees of hip rotation—what is happening at the hip joint? Demonstrate a direct and an indirect hip distraction technique.

 

Images from Dutton Orthopaedic Ch 17



Photo taken with subject’s permission

\*Combine movements as needed to produce desired result (example: PA in abd, distraction in flexion).