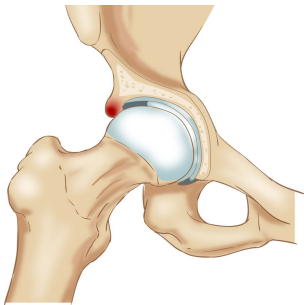


ABOUT YOUR CONDITION

sample Patient 10/05/2022

WHAT'S WRONG?



FAI

Your hip socket or "acetabulum" is covered by smooth, glassy cartilage extending all the way to its outer rim. The term "Femoroacetabular impingement" (FAI) means that this rim of cartilage is being pinched when you move your hip into certain positions. Repetitive pinching results in irritation, tearing, or even detachment of this cartilage from your hip socket.

FAI occurs because of a mismatch between the head of your femur and the socket of your hip. The mismatch may be from an abnormally shaped hip bone (cam deformity) or having too much cartilage on the rim of your hip socket (pincer deformity). Most frequently, FAI results from a combination of both (combined or mixed deformity).

FAI is most common in young active people. Although the deformity may be present on both sides, symptoms are usually one-sided. The condition is equally common among men and women. Symptoms of FAI include a constant dull pain with periods of sharp pain, made worse by activity. Walking, pivoting, prolonged sitting, stair climbing, and impact activities like running or jumping can aggravate your symptoms. Snapping, locking, and clicking are common.

Our office will help direct a rehab program to maximize your chance of recovery. You should attempt to stay active, but avoid activities that aggravate symptoms. You may consider temporarily switching to low-impact activities, like stationary biking or water-walking. You should avoid motions that combine flexion and internal rotation, like- getting out of a car with one leg at a time, swimming the breaststroke, or performing squats. Patients with FAI should avoid excessive stretching, as this could aggravate the condition, but will likely benefit from strengthening exercises in the type of treatment provided in this office.

THINGS WE CAN DO TO HELP YOU



Myofascial Release

Overworked muscles often become tight and develop knots or "trigger points". Chronic tightness produces inflammation and swelling that ultimately leads to the formation of "adhesions" between tissues. Your provider will apply pressure with their hands, or with specialized tools, in order to release muscle tightness and soft-tissue adhesions. This will help to improve your circulation, relieve pain and restore flexibility.



Therapeutic Exercise

Muscle tightness or weakness causes discomfort and alters normal joint function, leading to additional problems. Your chiropractor will target tight or weak muscles with specific therapeutic stretching and strengthening to help increase tissue flexibility, build strength, and ease the pain. Healthy, strong, and flexible muscles may help prevent re-injury.

THINGS YOU CAN DO TO HELP YOURSELF



Standing

To avoid extra stress on your spine while standing:


- Avoid high-heeled shoes or boots.
- Use a footrest measuring 10% of your height.
- To decrease stress on your back and feet consider leaning on a tall chair.
- If excessive standing can't be avoided, consider shock-absorbent shoes or an anti-fatigue mat.
- When transitioning from a sitting workstation to a standing desk, begin gradually by standing 20 minutes per hour and not necessarily in a continuous period. Add an extra 10 minutes per hour each day as long as there is no prolonged stiffness or discomfort.

EXERCISES AT HOME


The following exercises have been specifically selected to assist with your recovery and help minimize future problems. Exercises should be performed slowly and within a relatively comfortable range. Maintain good posture and breathe naturally. Do not hold your breath. Unless otherwise instructed, stop any exercises that cause pain, or radiating symptoms.

Access your exercise videos

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CURRENT EXERCISES

Side Bridge



Perform 3 sets of 10 reps, 1 times per day

Begin lying on your side. Rest your weight on your forearm and feet. Lift your hips toward the ceiling until your body is in a straight "plank" position. Try to avoid looking down to watch your body as this will interfere with achieving the ideal plank position. You may wish to use a mirror to ensure good form. Slowly lower your hips back to the floor and repeat as directed.

Dynamic Wall Squat



Perform 3 sets of 15 reps, 1 times per day

Stand approximately 8-12" from a wall with your feet shoulder width apart. While keeping your knees positioned directly over your ankles, slowly bend your hips and knees until your hips touch the wall. Return to the upright starting position and repeat this exercise for three sets of 15 repetitions once per day or as directed.



Posterior Pelvic Tilt - Supine

Perform 3 sets of 10 reps, 2 times per day

Begin lying on your back with your knees bent and feet flat on the floor. Maintain a slight gap between your lower back and the floor. Inhale, then as you breathe out, allow your abdomen to drop towards the floor. Pull in with your trunk to rotate your lower pelvis upward toward your ribs, as you press your lower back into the floor. Keep your hips and the rest of your body relaxed throughout this exercise. Relax and inhale as you return to the starting position. Repeat as directed.

UPCOMING EXERCISES

Stop!

The following upcoming exercises will be started at a later date as you progress. Do not begin upcoming exercises until you are directed to do so by our office. You will continue your current exercises until otherwise directed.



Tri-Planar Psoas Stretch

Perform 3 sets of 10 reps, 2 times per day

Begin standing in a "lunge" position with your involved leg back until a stretch is felt in your hip. Lunge forward to increase the stretch in your hip. Hold this position for two or three seconds and return to neutral. Slowly lunge forward 10 times, each time increasing the stretch. Perform 10 additional repetitions of increased stretch by rotating your body away from your involved leg. Perform a final set of 10 repetitions of increased stretch by raising your arm on the same side and rotating your body away while performing lunges. Perform a total of 30 repetitions twice per day or as directed.