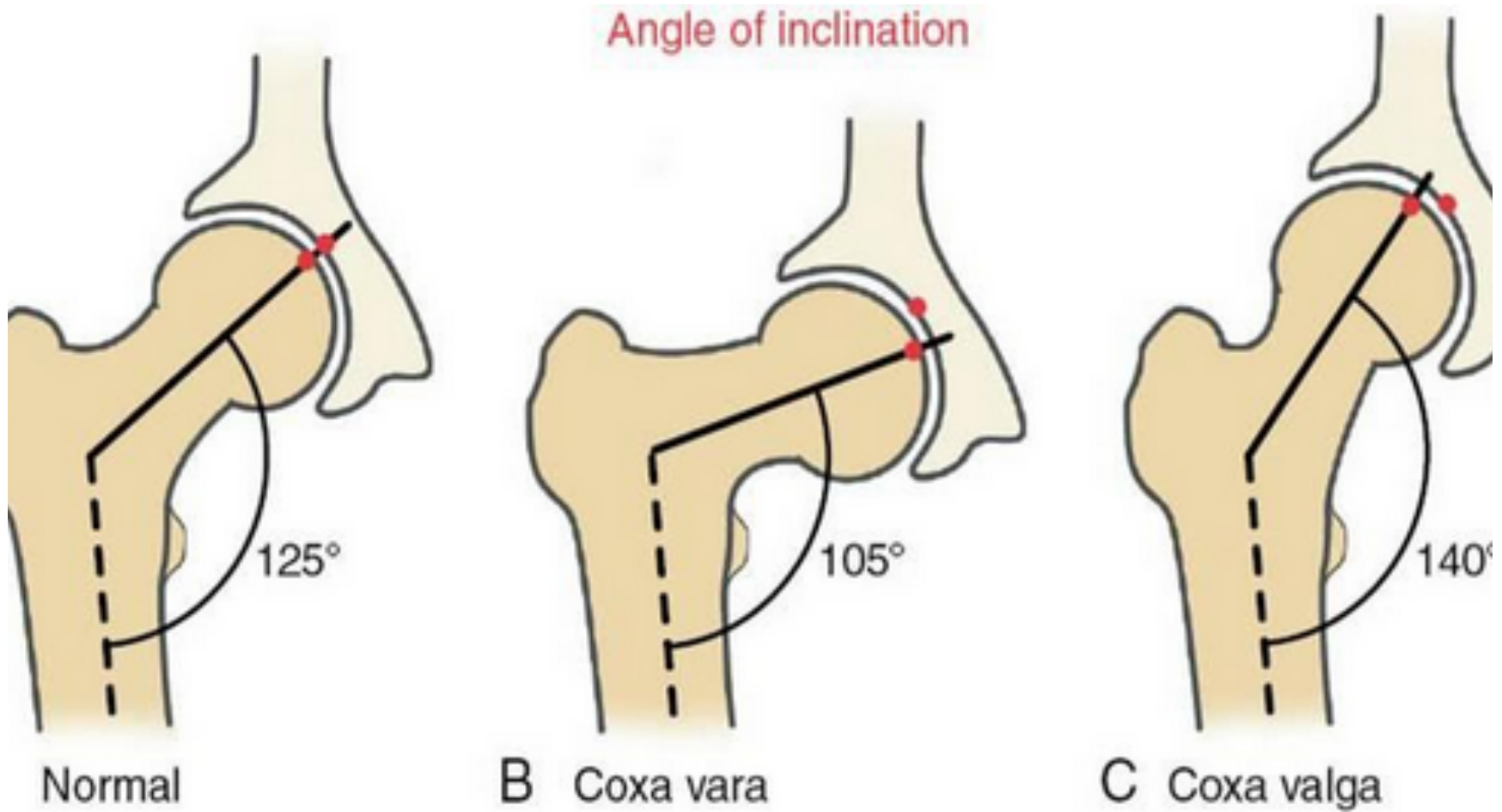




Natural Anatomical Variations of the Hip Joint

There are natural variations in the angle of inclination of the femur head



Notice the angles of the head of the femur



All images from <http://themovementfix.com> accessed 2.10.15

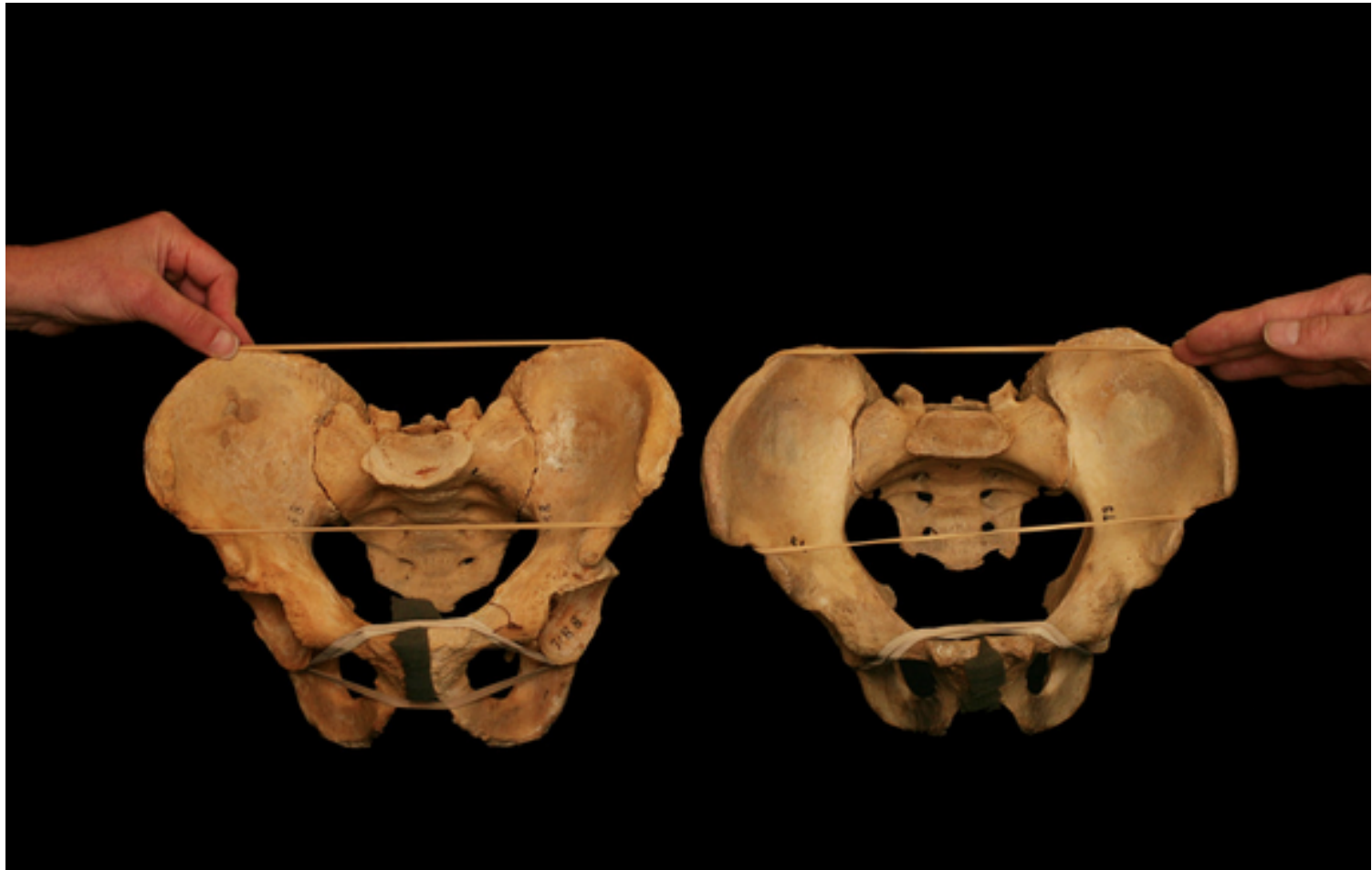
Here notice the different lengths of the neck of the femur head



Notice the different shapes of the ball of the femur and the angle of the femur head



Notice how you can see the hip socket on the left pelvis but it cannot be seen on the right.



Notice the different angles and depths of the hip sockets?



We are not all the same

Once we have released all soft tissue the bony structures of the hips will still determine the ROM possible at the hips!

So we need to check if we are being limited by bony structures where usually the compression is experienced in the direction we are moving towards & at the joint itself, rather than in the soft tissues needing to stretch lying behind the joint movement.

We can also find that muscle bulk can inhibit ROM

Finally remember that we should experience the stretch in the belly of muscles not at the attachment point of muscles or at the joints!