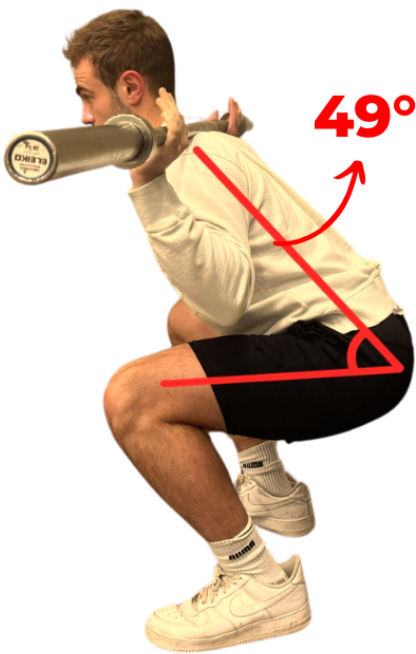




EXERCISES TO AVOID WITH HIP IMPINGEMENT

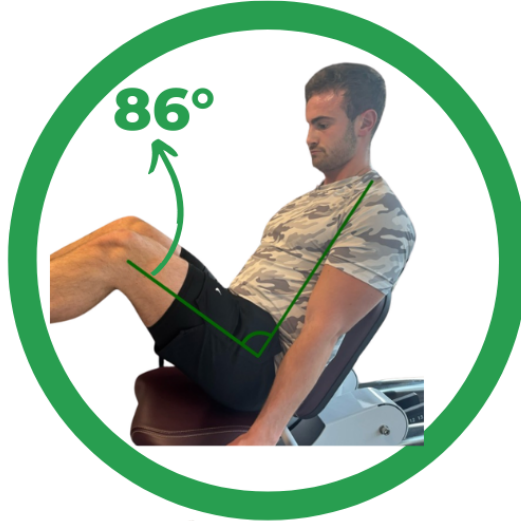
Femoroacetabular impingement places abnormal force on the labrum and the articular cartilage of the hip joint and creates damage over repetition.

Avoiding these exercises may decrease the effects of impingement and help decrease symptoms.



Squats

Squats typically combine high hip flexion and high loads. However, if you don't go down as far, the angle between the trunk and thigh increases while still allowing for **muscular activation and hypertrophy**.



Maintaining flexion angles (angle between trunk and thigh) of **approximately 90 degrees or above** avoids positions of impingement.



Deadlifts

There is a high degree of hip flexion at the bottom of this movement. In addition, because of the **high capacity for load** in this movement, there is increased force on the hip.



Leg Press

Essentially a horizontal version of squats, the leg press puts significant stress on the hip in deep hip flexion. However, one can **adjust the depth of the movement**, allowing for a decreased amount of hip flexion.



Cycling

Seat height position significantly affects the extent of impingement. The example above demonstrates a greater level of impingement, because the seat is at a lower position. Try a higher position to decrease the amount of hip flexion.



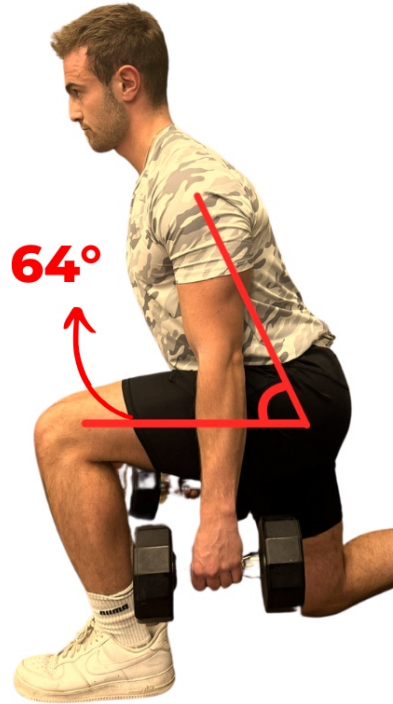
Rowing Machine

There is a high degree of hip flexion at the start of this movement (the greatest of the movements on this handout). This, in combination with the speed at which it's done, puts significant stress on the hip.



Mountain Climbers

Mountain climbers usually cause hip pain due to the extent of hip flexion and speed with which the movement is done.



Lunges

Similar to squats, if you don't go down as far, the angle between the trunk and thigh increases, decreasing impingement, while still allowing for muscular activation and hypertrophy.



Want to learn more?
Visit Dr. Carreira's website
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