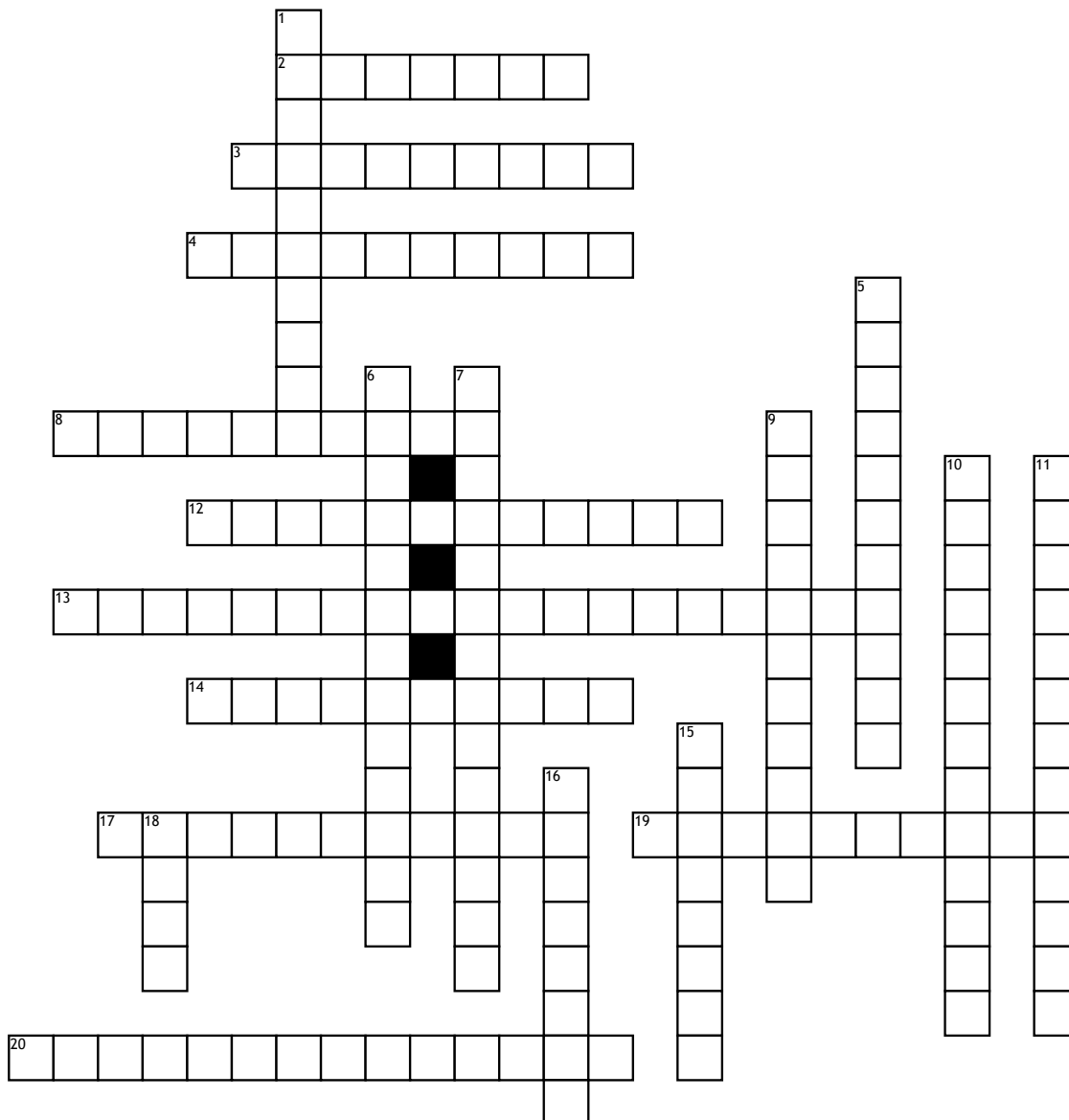


Name: _____

Date: _____

Hip



Across

- 2. an innominate bone of the hip that is the most inferior
- 3. exercises done on all fours; both hands and knees
- 4. the concave part of the hip joint
- 8. what does the straight leg raise stretch?
- 12. a test showing weakness in the gluteus medius
- 13. the Y ligament
- 14. a muscle length test that focuses on the hip flexors
- 17. an increase in the torsion of the femoral neck

- 19. a syndrome that is caused by weakness of the hip extensors

- 20. a fixation type that allows for early postoperative weight bearing

Down

- 1. a way to stretch the piriformis
- 5. an injury often seen in the elderly population
- 6. a surgical approach where the incision is centered over the greater trochanter, lateral to the TFL
- 7. the underlying pathology that accounts for most primary total hip procedures

- 9. squats are an example of this kind of exercise type
- 10. the only quadriceps muscle that crosses two joints
- 11. inflammation of a bursa; pain is experienced in the groin or anterior thigh
- 15. an exercise that strengthens the hip extensors; the pt. lifts and lowers hips in supine with feet on floor
- 16. a pelvic tilt where the pelvis rotates forward
- 18. the part of the femur that attaches the head to the shaft