Stretching Case Study

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| *Overview of patients presenting problem:*  Patient came in complain of pain and tightness in her hip flexors and glutes. Patient said she has had tightness in her hips for a long time |
| *Stretching technique provided:*  Post-Isometric Relaxation  Reciprocal Inhibition |
| *Justification for use of your selected stretching technique on this patient:*  This session I felt like it was best to preform stretching techniques as I thought this would have been more effective. I used Post-Isometric Relaxation as I felt like this technique would have been the best way for her to stretch and relax some of the tightness without causing too much pain. I also used some Reciprocal Inhibition as I felt like this form of stretching would have allowed the patient to relive some of the tightness in her hips and glutes as this would have actively strengthen the muscle whilst lengthen it. |
| *Effectiveness of your selected stretching technique*  Post treatment I retested the range of motion and the hip and there was a substantial different pre and post treatment. |
| *Critical review of your stretching skills*  I felt like I performed the stretches with good knowledge and technique. The techniques I used helped range of motion increase and relieved some of the pain and tightness she was feeling. |