




Jason Robinet PT
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PELVIC FUNCTION DURING RUNNING



Introduction

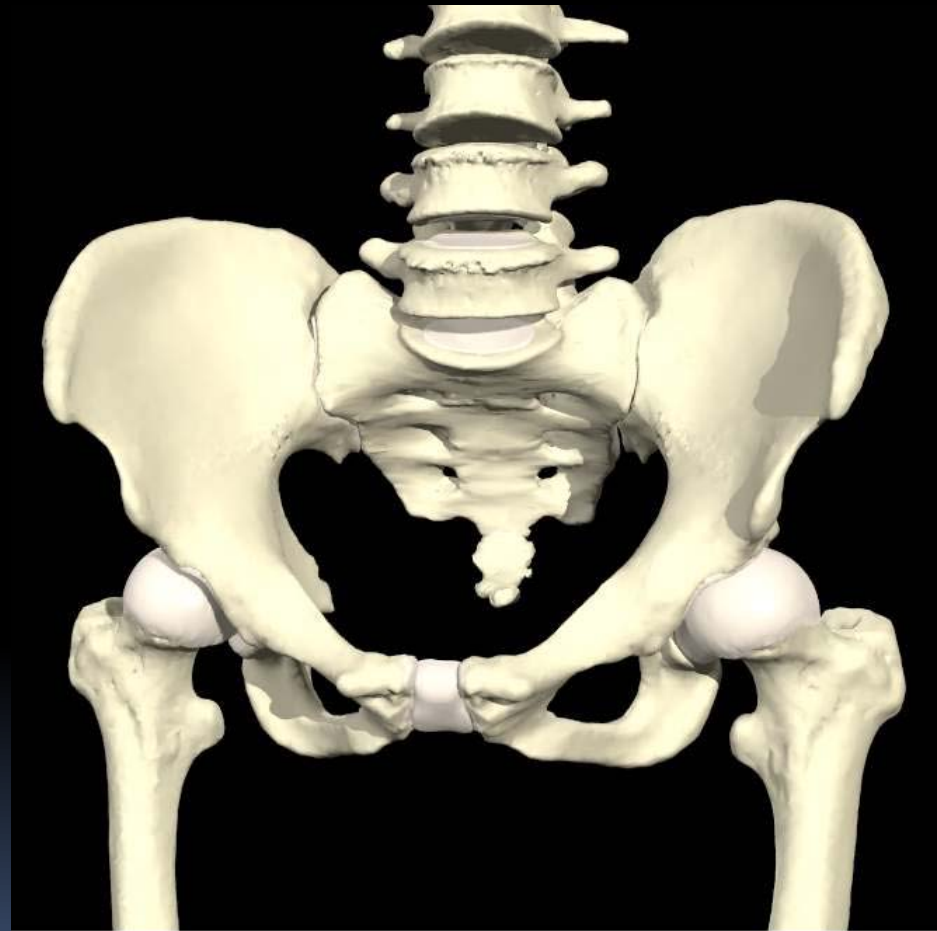
- Jason Robinet PT
 - Credentials
 - Purpose of Lecture/Workshop
 - What to expect
 - How to utilize this information
 - Questions and answers
 - Volunteers for Demonstrations
 - General targeted ages are 12-18 years of age male and female
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What is the Pelvis???

Basic Anatomy

• Purpose and Function of Pelvis

- 3 Bones joined together to create one side of the pelvis that join at the sacrum and the pubic symphysis
- Holds gastrointestinal and sexual organs
- Creates fulcrum for lower extremities
- Provide stable surface for the extremities to push off from
- Really cool dance moves



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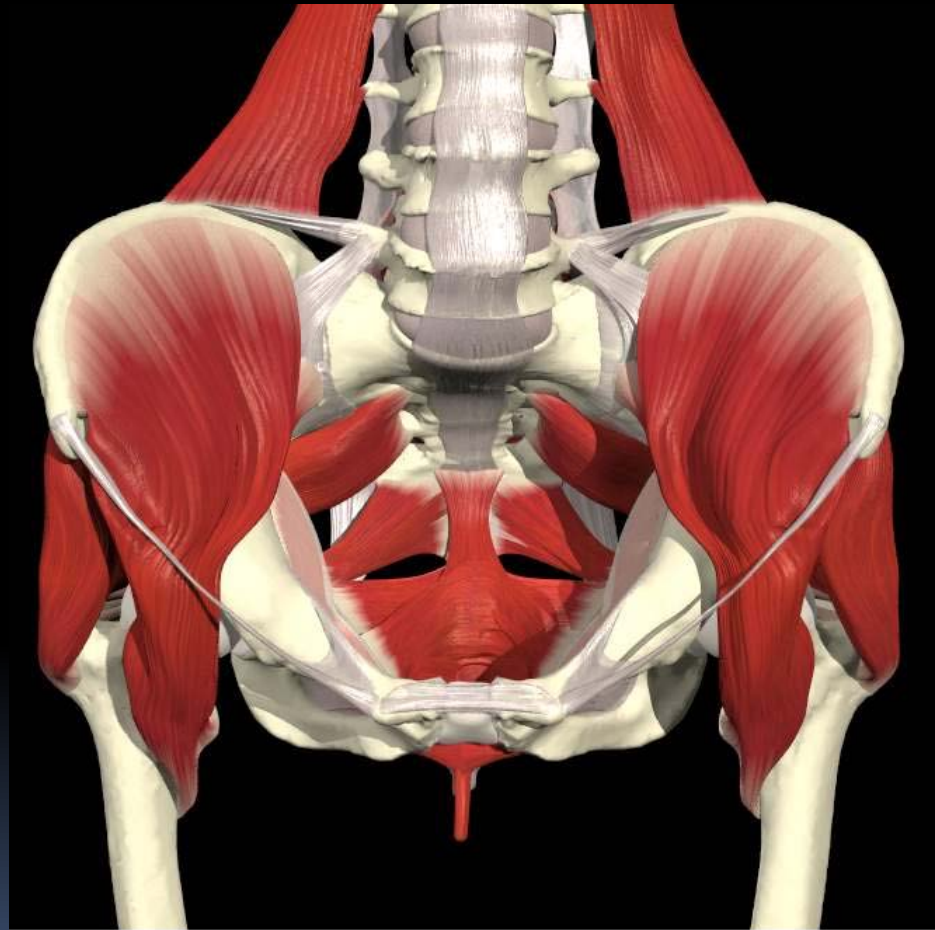
Moving Parts of the Pelvis

•Major joints

- Sacroiliac joint
- Lumbosacral junction
- Pubic symphysis—especially important later in life with pregnancy
- Hip joints

•Major Musculature attachments


- Gluteals-max, med, min
- Piriformis
- Small hip rotators
- Pelvic floor
- Abdominals and paraspinals
- Hip flexors
- Adductors
- Hamstrings



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What's so special about the pelvis??

- Biggest factor
 - PELVIC POSITION CONTROLS THE POSITION OF THE ENTIRE LOWER EXTREMITY!
 - Volunteers for examples
 - Proprioception and balance/control
 - Rotated pelvis can cause compensation from the hip, knee and ankle/foot complex
 - Pelvic dysfunction causes the rest of the “functional chain” to compensate
 - “what about the foot/ankle” creating problems going upward??
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Pelvic and hip dysfunctions

- Strains—hip flexors, hamstrings, quadriceps, groin, adductors (the gluts don't often strain—why?)
- Greater trochanteric bursitis—hip pointer
- Labral tear of the hip capsule
- Lower back pain—generalized or specific



Knee and foot/ankle effects

Knee compensations

- Medial knee pain
- Pes anserine bursitis
- Meniscus injuries
- IT band restrictions
- Infrapatellar bursitis

Foot/Ankle Compensations

- Plantar fasciitis
- Achilles bursitis
- Ankle sprains
- Fallen arches
- Heel or forefoot pain

Traumatic Vs. Non-Traumatic

- Runners are notorious for non-traumatic injuries and problems

How to assess

General position

- Top of hips or iliac crest
- Leg lengths
- Don't forget all sides
- Lower extremity position compared

Single leg balance

- Leg straight
- Leg bent

Gait Analysis:

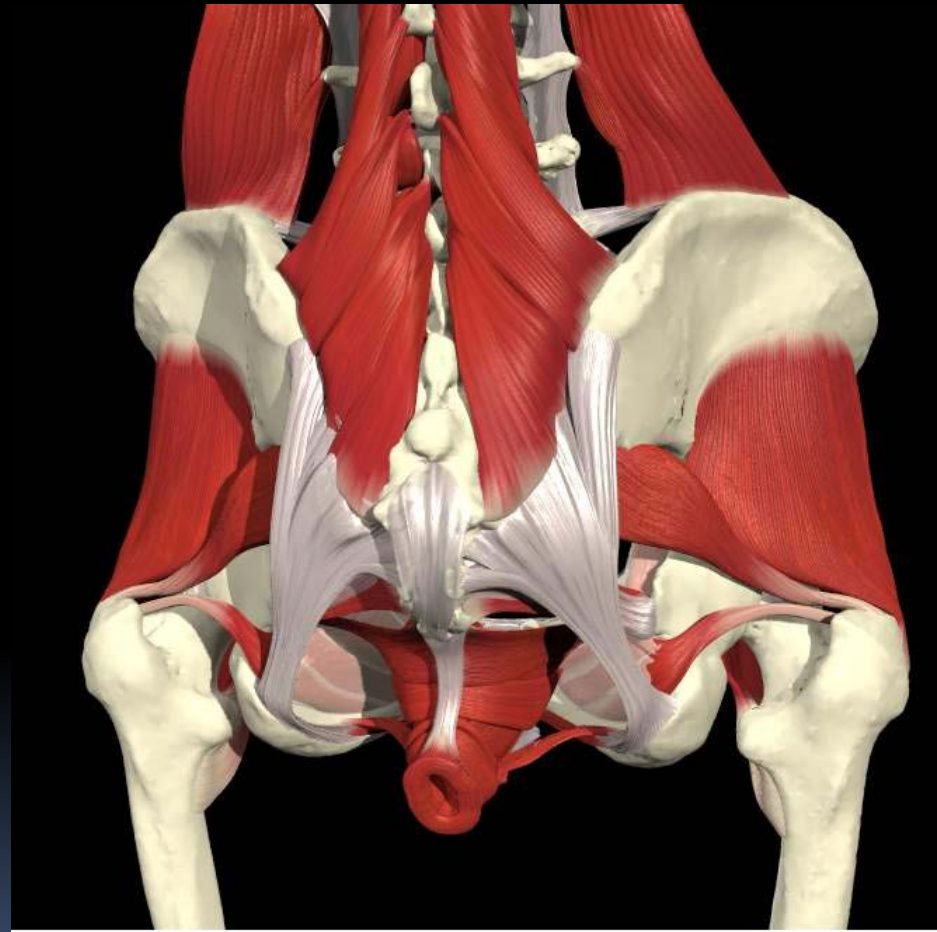
- Have a standard way that you look at each person



How to Treat

Traumatic vs. Non-Traumatic


1. Connective Tissue or hard structure
2. Soft tissue
3. Posture or position
4. Proprioception and stability
5. Endurance and strength training
 - Closed chain vs. open chain



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General Concepts for Athletic Health

- Core stability
 - Cross training
 - Nutrition
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Question and answer

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Anyone interested in coach's clinics at your school can contact me as above.

