**Hip Rehabilitation (Strengthening)**

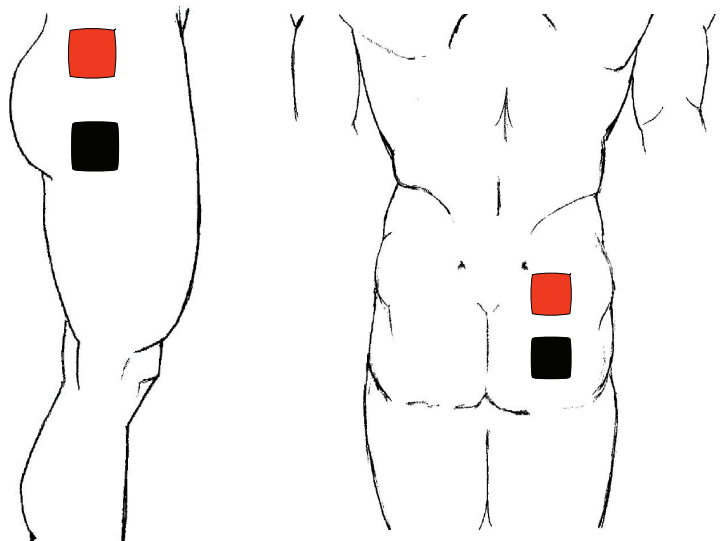
Hip weakness can result from traumatic injury, surgical trauma (arthroscopy, THA), muscle strain, etc. Using EMG feedback, patients learn to contract the hip musculature and improve hip strength and stability. Due to the nature and number of hip muscles, EMG could be applied several ways depending on the patients needs and what muscle groups need strengthening.

**Suggested Electrode Placements****2-pad placement**

Place electrode pads over  
gluteus medius and tensor fascia  
on affected side  
(to strengthen abduction)

**2-pad placement**

Place electrode pads over  
gluteus maximus  
on affected side  
(to strengthen extension)

**Suggested Settings**

**Threshold:** Set an appropriate threshold  
[Refer to the "Setting Threshold Level for Strengthening"  
section of General Guidelines]

**Trials:** 15-30 trials

**Work time:** 5 sec (to begin)

**Rest time:** 5-10 sec (to begin)

**Feedback:** ABOVE ("FABV" setting on Care EMG)

**Sessions per day:** 3-5 sessions per day (or as needed)

