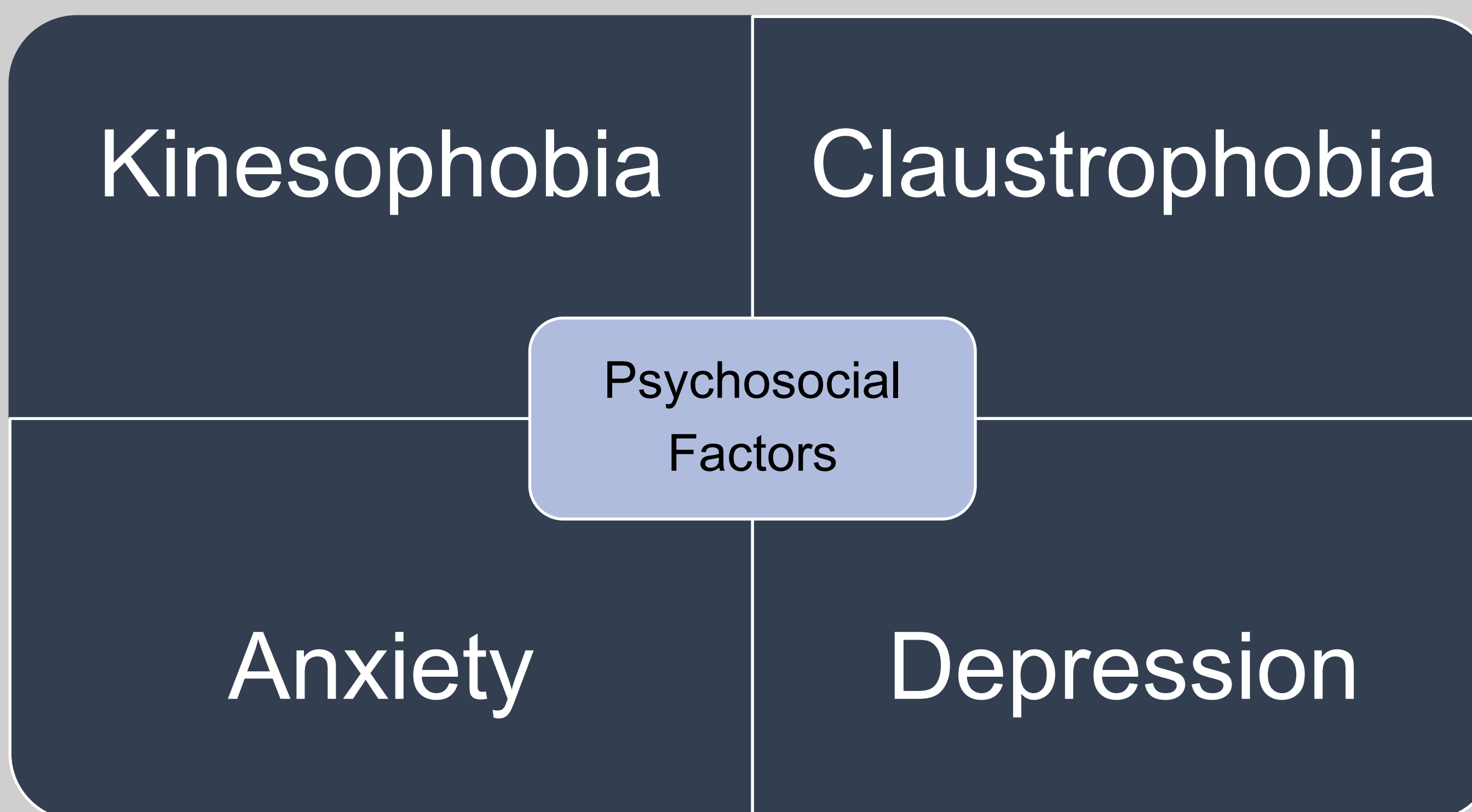


# The Rehabilitation Of A 75-Year-Old Male Presenting With A Right Hip Flexor Strain Concomitant With Numerous Psychosocial Factors: A Case Report.

Jillian Battista SPT, Megan Chapski SPT, Suma Varanasi SPT, Jillian Witwicki SPT, Tara Paradie, PT  
Department of Physical Therapy. University of New England. Portland, ME.

## Background and Purpose

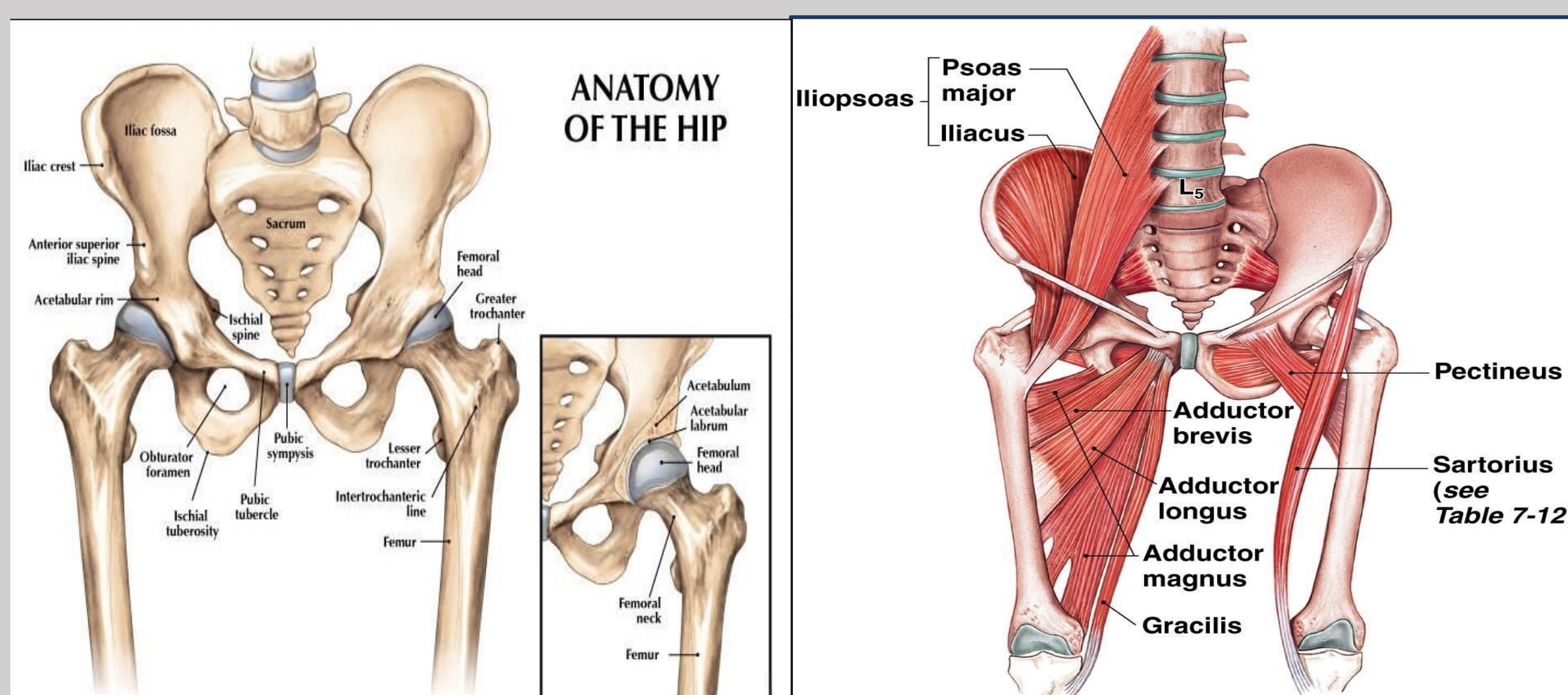
Musculoskeletal disorders, often well understood, are a leading cause of disability worldwide.<sup>1</sup> Concomitant psychosocial factors add a layer of complexity to the physical therapy treatment of musculoskeletal disorders.<sup>2</sup> The purpose of this case report is to highlight the potential impact psychological factors have in the rehabilitation of musculoskeletal disorders, specifically the rehabilitation of a right hip flexor strain.



**Figure 1.** Psychosocial factors experienced by patient.

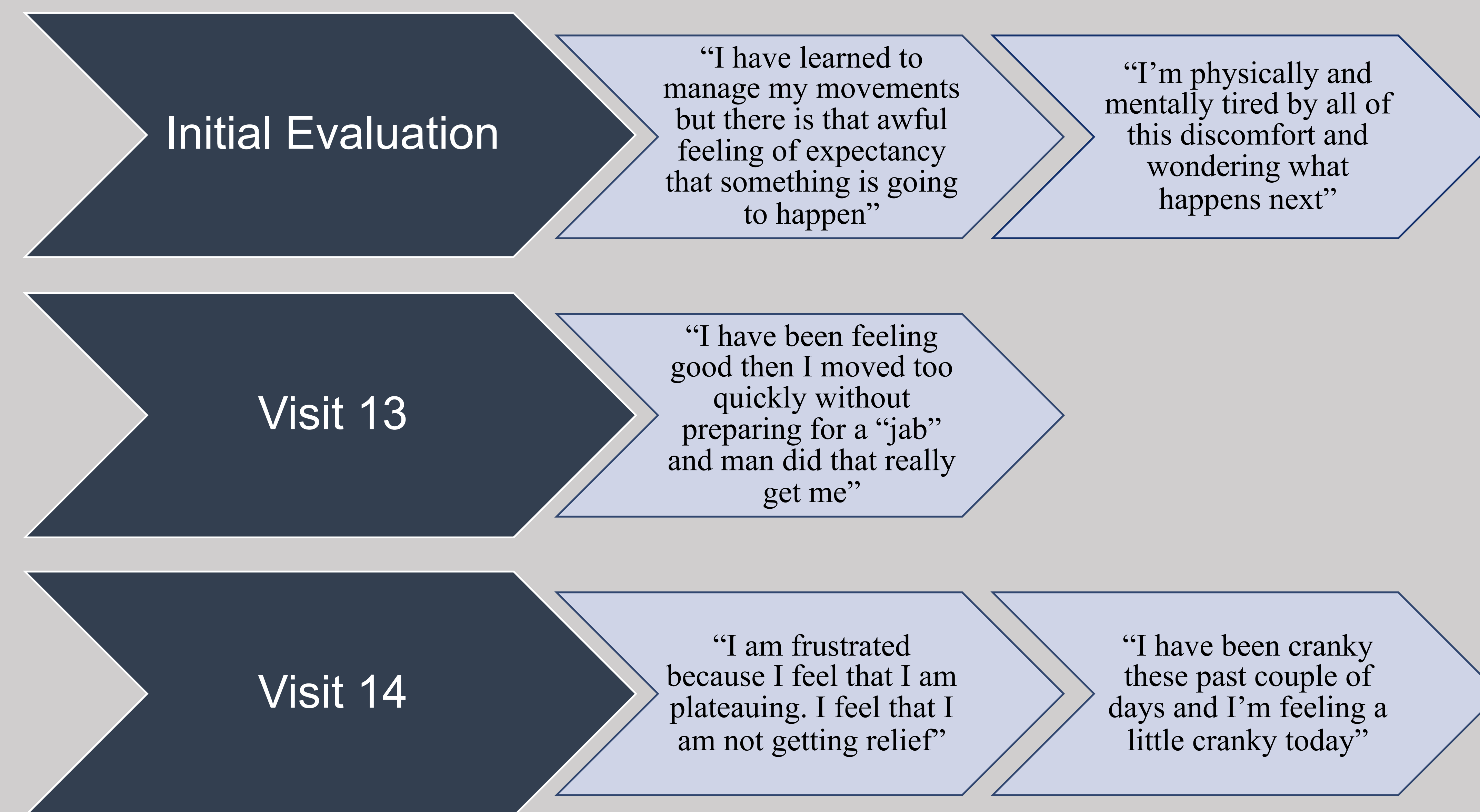
## Case Description

The patient was a 75-year-old male referred to outpatient physical therapy for the assessment of a right hip flexor strain, presenting with psychosocial factors including anxiety, depression, kinesophobia, and claustrophobia. Procedural interventions included patient education, neuromuscular re-education, therapeutic exercise, and manual therapy, but lacked psychosocial assessment.



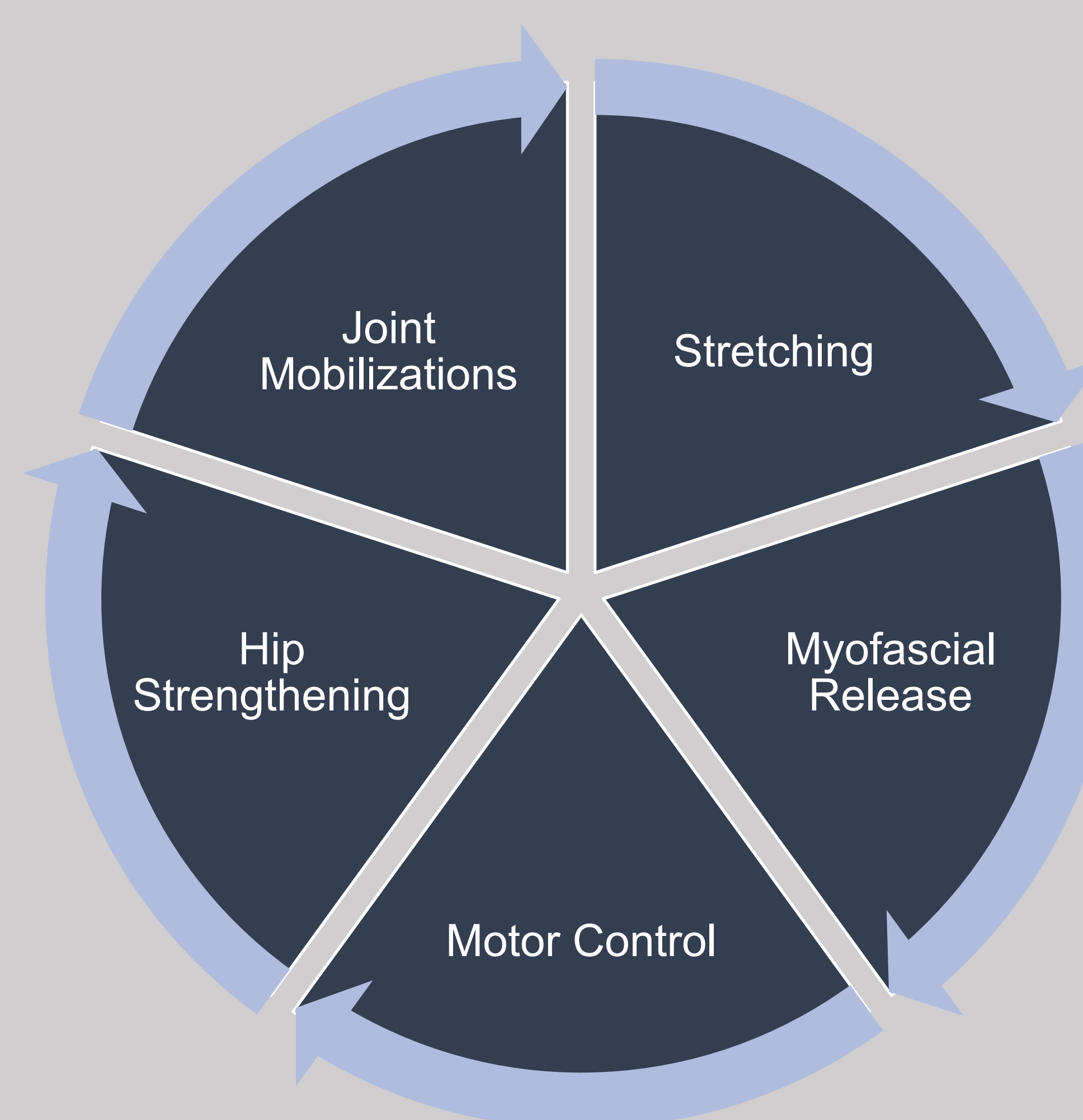
**Figure 2.** Anatomy of the hip and surrounding musculature.

## Patient Responses



**Figure 3.** Direct quotations reported by patient during physical therapy treatment sessions.

## Interventions



| Home Exercise Program     | Sets & Repetitions        |
|---------------------------|---------------------------|
| Bridging                  | 3x10                      |
| Straight Leg Raise        | 3x10                      |
| Foam Roll of Anterior Hip | 4 Minutes                 |
| Prone Hip Flexor Stretch  | 1x3 : hold for 10 seconds |
| Supine Piriformis Stretch | 1x3 : hold for 10 seconds |
| Standing Toe Stretch      | 1x3 : hold for 10 seconds |
| Standing TFL Stretch      | 1x3 : hold for 10 seconds |
| Knee to Chest Stretch     | 1x3 : hold for 10 seconds |
| Toe Curls                 | 3x10                      |
| Sidelying Clam Shell      | 3x10                      |
| Lateral Step Up           | 3x10                      |
| Sagittal Plane Step Up    | 3x10                      |
| Single Leg Balance        | 3x: 30s each side         |

**Figure 4.** Physical therapy treatment session components and Home Exercise Program provided to patient.

## Outcomes

| Tests and Measures        | Initial Examination   | Re-Evaluation   |
|---------------------------|---|---|
| Numeric Pain Rating Scale | Current: 1/10<br>At Worst: 8/10   | Current: 1/10<br>At Worst: 6/10   |
| LEFS                      | 43/80   | 61/80   |
| Scour                     | Left: Negative<br>Right: Apprehension   | Left: Negative<br>Right: Apprehension   |
| FABER                     | Left: Negative<br>Right: Aggravates Symptoms  | Left: Negative<br>Right: Aggravates Symptoms  |
| Manual Muscle Testing     | Left: -5/5<br>Right: -5/5   | Left: 5/5<br>Right: 5/5   |
| Palpation                 | <ul style="list-style-type: none"> <li>Complaints of pain: right greater trochanter, gluteus medius</li> <li>Pain with wincing: right Psoas, TFL</li> </ul> | <ul style="list-style-type: none"> <li>Complaints of pain: right greater trochanter, gluteus medius</li> <li>Pain with wincing: right Psoas, TFL</li> </ul> |

**Table 1.** Initial examination vs. re-evaluation test and measure results.

## Conclusion

This case report highlights how psychosocial factors such as kinesophobia, depression, and anxiety can complicate patient care. While physical therapists are often well versed in the treatment of musculoskeletal disorders, numerous factors make it difficult for physical therapists to properly assess psychosocial factors.<sup>3</sup> Further research should be conducted regarding the importance of psychosocial assessment in the context of musculoskeletal disorder rehabilitation.

## References

- Kamonski DH, Christenson P, Rezvanifar SC, Calixtre LB. Effects of manual therapy on fear avoidance, kinesophobia and pain catastrophizing in individuals with chronic musculoskeletal pain: Systematic review and meta-analysis. *Musculoskelet Sci Pract.* 2021 Feb;51:102311. doi: 10.1016/j.msksp.2020.102311. Epub 2020 Nov 27. PMID: 33302214.
- World Health Organization. Musculoskeletal conditions. Who.int. Published February 8, 2021. <https://www.who.int/news-room/fact-sheet/detail/musculoskeletal-conditions>.
- Stewart LR. Psychological Aspects of Rehabilitation as Perceived by Physical Therapists. *Journal of Physical Fitness, Medicine, & Treatment in Sports.* 2018;2(1). Doi:10.19080/jpfmts.2018.02.55579.