

## Giving your Hammie a fixed hip distortion

A common problem in achieving a neutral seated position is lack of flexion in the hip joint as opposed to shortening of a muscle. Newer Hammies will come equipped to demonstrate this distortion but you can add it with these simple steps.



Put Hammie's left hip into a position of approximately 105-110 degrees extension and slight abduction.



Stabilize the hip joints by tightening the three pelvis screws so that the hip joints cannot move.



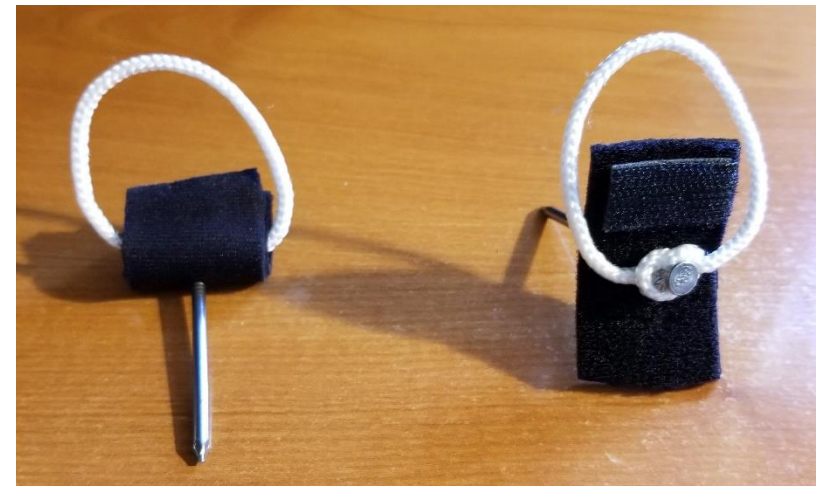
Place a piece of masking tape on the drill bit to mark  $\frac{3}{4}$ ". Place Hammie face down over the edge of a bench.



Drill a 9/64" hole through the back of the pelvis into the ball at the head of the femur 3/4" deep.



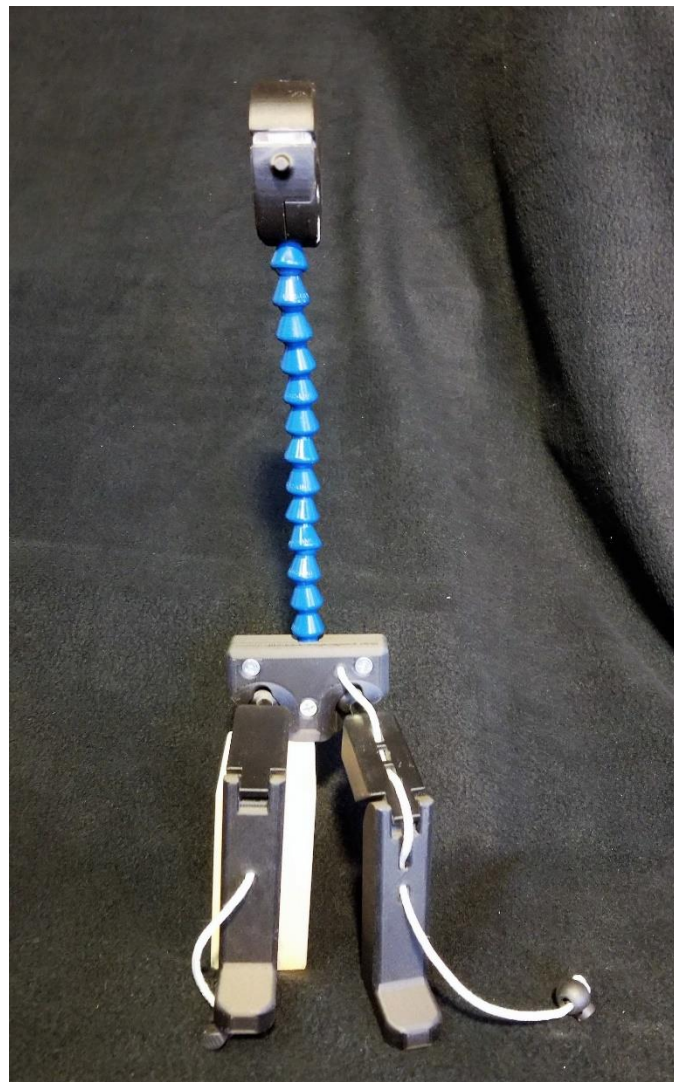
This allows the insertion of a pin that effectively locks the hip joint into a fixed hip extension distortion.



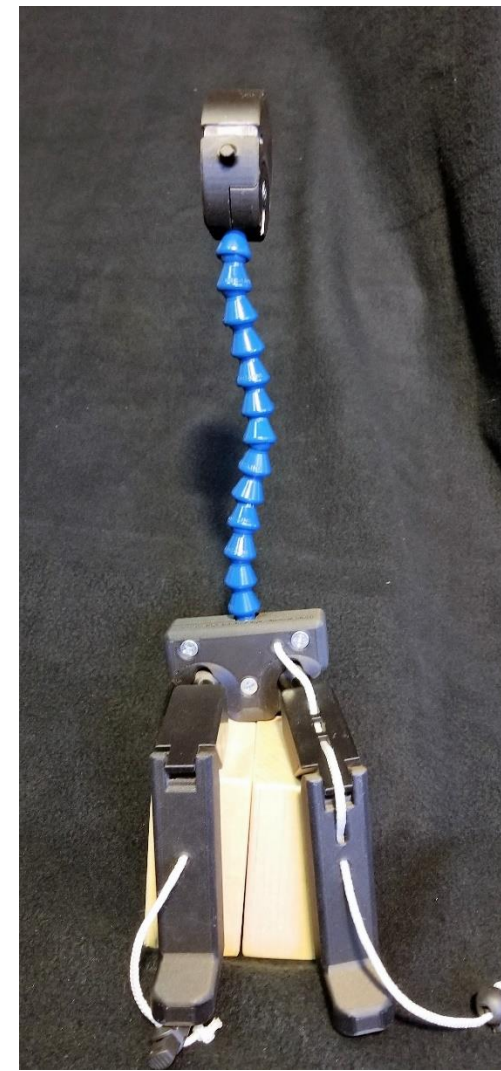
Pin can be a #6 nail. To make the nail easier to handle and keep up with, I put it through a small rectangle of Velcro accepting neoprene, tied a 7" long loop of string and held together with doublesided hook Velcro. The string allows the pin to slip over a foot for a holding place until needed.



When Hammie, with a fixed hip extension distortion, is forced to sit on a flat surface, the left leg causes the pelvis to tip to the right. The spine and head follow.



Accommodation for asymmetrical hip flexion is done by modifying the seat to allow for available hip ROM. Here Hammie sits on the left seat edge to demonstrate this principle.



Without accommodation for the hip, the body will compensate with an "S" shaped spinal curve to orient the head to an upright position. Over time this scoliosis can become a fixed position.