**Posterior to Anterior (PA)**: (sidelying, supine, or prone)

In sidelying, maintain hip in neutral rotation. Apply PA to the hip joint through the greater trochanter. Feel for R1, question patient RE symptoms. AP may also be applied in a similar manner.

In prone, PA may be applied with palm of one hand while other hand may be used to vary hip rotation. Make sure to feel for onset of resistance (R1). What structures are being affected?

\*name two reasons for performing the hip PA in side-lying; two reasons for performing it in prone.



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