



CIBD

Center For Inherited Blood Disorders

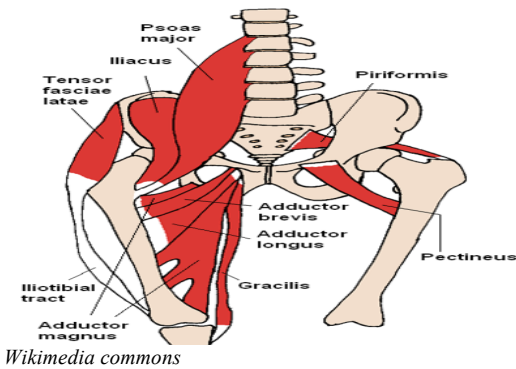
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Iliacus + Psoas Major = Iliopsoas Muscle Bleed

Location: Starts at the lumbar spine and upper rim of the pelvis
Attaches together in the upper thigh bone.

Actions:
Bends/flexes hip Lift the leg & bends body forward



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Lifts body up

Stabilizes back and pelvis



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Activity Limitations/Recommendations

- Don't sit straight up from lying down position
- Use log roll technique to get in and out of bed
- Use your hands or back rest for support in sitting
- Avoid leaning forward, reaching to floor or bringing knee up
- Limit standing and walking as much as possible
- Avoid standing with foot off the floor
- Avoid putting pressure through the leg in standing or walking
- Don't use the leg to stand up or sit down
- Use crutches or wheelchair to get around: Toe-Touch or Foot Flat Weight Bearing Only!

Signs of Nerve and Circulation Damage: Seek Medical Attention ASAP

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|------------------|--------------------------|------------------|
| Severe Pain | Severe Swelling | Skin Feels Cool |
| Numbness | Tingling or Prickling | Leg Feels Asleep |
| Loss of Strength | Unable to tighten muscle | Leg Feels Weak |