

ischiofemoral impingement exercises pdf

ischiofemoral impingement exercises pdf is a valuable resource for individuals seeking to understand and manage ischiofemoral impingement through targeted exercises. This condition, often causing hip pain and discomfort, can significantly impact daily activities and overall quality of life. Accessing a comprehensive PDF guide on exercises provides patients, therapists, and fitness enthusiasts with structured routines designed to alleviate symptoms, improve hip mobility, and promote recovery. In this article, we will explore the nature of ischiofemoral impingement, the importance of specific exercises, and how a well-designed PDF resource can enhance treatment outcomes.

Understanding Ischiofemoral Impingement

What Is Ischiofemoral Impingement?

Ischiofemoral impingement (IFI) is a musculoskeletal condition characterized by abnormal contact between the ischial tuberosity (part of the pelvis) and the lesser trochanter of the femur. This impingement leads to pain and discomfort in the deep gluteal and hip regions, often exacerbated by certain movements such as hip extension, adduction, or internal rotation.

Causes and Risk Factors

Various factors can contribute to IFI, including:

- Pelvic anatomy variations, such as a narrowed space between the ischium and femur
- Trauma or previous hip injuries
- Postural abnormalities or repetitive activities that stress the hip joint
- Hip surgeries that alter joint structure

Symptoms and Diagnosis

Common symptoms include:

- Deep gluteal pain radiating to the thigh
- Discomfort during hip extension, adduction, or internal rotation
- Limited hip mobility
- Pain worsening with prolonged sitting or activity

Diagnosis typically involves clinical examination, MRI imaging, and sometimes diagnostic injections to confirm impingement.

The Role of Exercises in Managing Ischiofemoral Impingement

Why Exercise Matters

Targeted exercises aim to:

- Reduce muscle tightness contributing to impingement
- Strengthen surrounding hip and core muscles for better stability
- Improve flexibility and joint mobility
- Alleviate pain and prevent further impingement episodes

A structured exercise program, often detailed in PDFs, is crucial for effective self-management and rehabilitation.

Types of Exercises Included in IFI PDFs

Typically, an IFI exercises PDF encompasses:

- Stretching routines to loosen tight muscles
- Strengthening exercises targeting hip abductors, extensors, and core
- Mobility drills to enhance joint flexibility
- Postural correction techniques

Each exercise is usually accompanied by images, instructions, and progression levels to suit individual needs.

Key Exercises for Ischiofemoral Impingement (PDF Guide)

Stretching Exercises

Stretching helps release tension in muscles that may contribute to impingement. Common stretches include:

1. **Piriformis Stretch:** Lying on your back, cross one leg over the other and gently pull the knee toward the chest.
2. **Hip Flexor Stretch:** Kneel on one knee, push hips forward, feeling a stretch in the front of the hip.
3. **Hamstring Stretch:** Sit with one leg extended, reach toward your toes, maintaining a straight back.

Strengthening Exercises

Building strength in specific muscle groups helps stabilize the hip joint:

1. **Clamshells:** Lie on your side with knees bent, lift the top knee while keeping feet together.
2. **Glute Bridges:** Lie on your back, knees bent, lift hips off the ground to activate glutes and hamstrings.
3. **Hip Abduction with Resistance Band:** Place a resistance band around thighs and lift legs sideways.
4. **Core Stabilization:** Planks and side planks to improve overall pelvic stability.

Mobility Drills

Mobility exercises improve range of motion:

- Hip circles
- Leg swings (forward, backward, and lateral)
- Pelvic tilts

Creating and Using an Ischiofemoral Impingement Exercises PDF

How to Find or Create a PDF Guide

There are multiple ways to access or create an effective exercises PDF:

- **Download from reputable sources:** Many physiotherapy clinics and medical websites offer free or paid PDFs tailored for IFI management.
- **Consult with a physical therapist:** A professional can customize exercises and provide a personalized PDF guide.
- **Create your own PDF:** Use templates or word processing tools to assemble exercises with images and instructions, then save as PDF.

Tips for Using the Exercises PDF Effectively

To maximize benefits:

- Follow the prescribed routines consistently, aiming for daily or as recommended.
- Pay attention to pain signals; avoid exercises that cause sharp discomfort.
- Progress gradually, increasing repetitions or resistance as tolerated.
- Combine exercises with other treatments like manual therapy or modalities if advised by a healthcare professional.

Benefits of a Well-Structured Ischiofemoral Impingement Exercises PDF

Educational Value

A detailed PDF provides clear explanations, illustrations, and dosages, making it easier for patients to understand their condition and treatment plan.

Convenience and Accessibility

Having a downloadable resource allows easy access anytime, anywhere—whether at home, gym, or clinic.

Consistency and Motivation

A comprehensive PDF serves as a reminder and motivator to stay committed to the exercise regimen.

Additional Resources and Recommendations

Complementary Treatments

Exercises are most effective when combined with other therapies:

- Manual therapy techniques
- Postural correction
- Lifestyle modifications
- Proper footwear and activity adjustments

Consulting Healthcare Professionals

Before starting any exercise program from a PDF, especially for IFI, it's crucial to consult with a physical therapist or orthopedic specialist. They can assess your specific condition, ensure exercises are appropriate, and modify routines as needed.

Conclusion

ischiofemoral impingement exercises pdf is an essential resource for effective self-management of this hip condition. By providing structured, easy-to-follow routines, such PDFs empower individuals to alleviate symptoms, improve mobility, and prevent future episodes. Whether downloaded from reputable sources or created with professional guidance, a well-designed exercises PDF serves as a cornerstone in the journey toward hip health and functional recovery. Remember, consistency and proper technique are key—always consult healthcare providers for personalized advice and support during your rehabilitation process.

Frequently Asked Questions

What are the most effective exercises for managing ischiofemoral impingement?

Effective exercises include hip stretches such as the piriformis stretch, hip flexor stretches, and strengthening exercises targeting the glutes and core to reduce impingement symptoms. Consulting a physical therapist for a tailored program is recommended.

Where can I find a comprehensive PDF guide on ischiofemoral impingement exercises?

You can find detailed PDFs on ischiofemoral impingement exercises on reputable physiotherapy websites, academic research portals, or through healthcare providers' resources. Always ensure the PDF is from a trusted source.

How do I perform safe stretching exercises for ischiofemoral impingement?

Perform stretches gently and gradually, avoiding pain or discomfort. Common safe stretches include the supine piriformis stretch and hip flexor stretches, held for 20-30 seconds, and repeated multiple times daily.

Are there specific strengthening exercises recommended for ischiofemoral impingement?

Yes, strengthening exercises focusing on the hip abductors, external rotators, and core muscles can help stabilize the hip joint and reduce impingement. Examples include clamshells, side-lying hip abductions, and planks.

How frequently should I perform ischiofemoral impingement exercises for optimal recovery?

Typically, exercises should be performed 2-3 times daily, gradually increasing intensity as tolerated. It's important to follow a personalized plan provided by a healthcare professional to avoid overexertion.

Can I find printable PDFs of ischiofemoral impingement exercise routines?

Yes, many physiotherapy clinics and reputable health websites offer printable PDFs of exercise routines for ischiofemoral impingement. Always review these with a healthcare provider before starting any new exercise program.

Additional Resources

Ischiofemoral impingement exercises pdf: A Comprehensive Guide to Rehabilitation and Management

Introduction

In recent years, the recognition of ischiofemoral impingement (IFI) as a significant cause of hip pain has grown within the musculoskeletal and sports medicine communities. Characterized by abnormal contact between the ischial tuberosity and the lesser trochanter of the femur, IFI can lead to persistent discomfort, limited mobility, and decreased quality of life. As with many musculoskeletal

conditions, conservative management—particularly targeted exercises—forms the cornerstone of treatment. The availability of detailed, evidence-based exercise protocols in PDF format offers clinicians and patients a valuable resource for effective rehabilitation. This article provides an in-depth review of ischiofemoral impingement exercises, exploring their rationale, types, implementation strategies, and the significance of accessible PDFs in clinical practice.

Understanding Ischiofemoral Impingement

What is Ischiofemoral Impingement?

Ischiofemoral impingement is a relatively recently described cause of hip pain that results from the narrowing of the space between the ischial tuberosity and the lesser trochanter. This space, known as the ischiofemoral space, normally accommodates soft tissues such as the quadratus femoris muscle. When this space diminishes—due to anatomical variations, post-surgical changes, or hypertrophy—it can lead to compression of the quadratus femoris and surrounding structures, producing pain, muscle weakness, and movement limitations.

Clinical Presentation and Diagnosis

Patients with IFI typically report deep buttock or groin pain that worsens with activities involving hip extension, adduction, or external rotation. Physical examination may reveal tenderness over the ischial tuberosity and restricted hip movements. MRI imaging plays a pivotal role in diagnosis, revealing a narrowed ischiofemoral space and edema in the quadratus femoris muscle.

The Role of Exercises in Managing Ischiofemoral Impingement

Why Exercise Therapy?

Conservative management of IFI emphasizes restoring the normal anatomy and biomechanics of the hip joint. Exercises aim to:

- Reduce impingement by improving joint mechanics
- Strengthen surrounding muscles to stabilize the hip
- Enhance flexibility and reduce soft tissue compression
- Alleviate pain and improve functional capacity

Benefits of Structured Exercise Protocols

A well-designed exercise program, often compiled into a PDF resource, provides:

- Clear, evidence-based instructions
- Progression plans tailored to patient response
- Educational content for patient engagement
- Visual aids to ensure correct technique

Components of Effective Ischiofemoral Impingement Exercises

1. Stretching Exercises

Objective: Improve flexibility of the hip flexors, adductors, and posterior structures to increase the ischiofemoral space.

Key Exercises:

- Hip Flexor Stretch: Kneeling lunges to stretch the iliopsoas group.
- Piriformis Stretch: Supine figure-four position with gentle hip external rotation.
- Hamstring Stretch: Seated forward bends to elongate posterior thigh muscles.

2. Strengthening Exercises

Objective: Strengthen hip abductors, extensors, and external rotators to stabilize the pelvis and reduce impingement.

Key Exercises:

- Clamshells: Lateral hip strengthening with resistance bands.
- Bridges: Focused on gluteus maximus and hamstrings.
- Side-lying Hip Abductions: To target gluteus medius and minimus.

3. Muscle Activation and Neuromuscular Control

Objective: Enhance coordination and control of hip muscles to optimize joint mechanics.

Key Exercises:

- Pelvic Tilts: To activate core and pelvic stabilizers.
- Balance Drills: Single-leg stands on unstable surfaces.
- Hip Circles: Gentle controlled rotations to improve joint mobility.

4. Functional and Dynamic Exercises

Objective: Prepare the patient for daily activities and sports-specific movements.

Key Exercises:

- Lunges: Emphasizing proper alignment to avoid impingement.
- Step-ups: Focusing on controlled hip movement.
- Squats: Ensuring correct technique to prevent exacerbation.

Developing and Utilizing an Ischiofemoral Impingement Exercises PDF

Why a PDF Resource Matters

A comprehensive PDF on IFI exercises consolidates the latest clinical evidence, provides structured

routines, and visual demonstrations. It acts as a vital communication tool between clinicians and patients, ensuring adherence, correct technique, and safety.

Content to Include in the PDF

- Introduction and Education: Explanation of IFI, causes, and importance of exercise therapy.
- Assessment Guidelines: Criteria to assess readiness for exercises.
- Exercise Protocols:
 - Warm-up routines
 - Stretching sequences
 - Strengthening progressions
 - Cool-down strategies
- Visual Aids: Diagrams and photographs demonstrating correct posture and movement.
- Progression and Regression Plans: Guidance on advancing exercises or modifying them based on patient response.
- Precautions and Contraindications: Clear instructions to avoid aggravating the condition.

Best Practices for Creating an Effective PDF

- Use clear, legible fonts and organized layouts.
- Incorporate high-quality visuals for each exercise.
- Include step-by-step instructions with duration, repetitions, and sets.
- Add notes on common mistakes and tips for proper execution.
- Ensure content is evidence-based and updated with current research.

Implementing the Exercise Program: Clinical and Patient Perspectives

Clinician's Role

- Conduct thorough assessment to tailor exercises.
- Educate the patient on the purpose and technique.
- Monitor progress and adjust the program accordingly.
- Emphasize consistency and adherence.

Patient's Role

- Follow the prescribed exercises diligently.
- Maintain proper technique to prevent injury.
- Communicate any increase in pain or discomfort.
- Integrate exercises into daily routines for sustainable benefits.

Challenges and Considerations

Common Barriers to Exercise Adherence

- Pain or discomfort during exercises
- Lack of motivation or understanding

- Limited access to supervised therapy
- Comorbid conditions affecting mobility

Strategies to Overcome Barriers:

- Clear education about the importance of exercises
- Gradual progression to build confidence
- Use of visual aids and written instructions
- Regular follow-up and encouragement

Safety and Precautions

- Avoid exercises that exacerbate pain
- Ensure proper technique to prevent secondary injuries
- Consult healthcare professionals before starting new routines
- Be mindful of comorbidities such as osteoarthritis

Future Directions and Research

Advances in Exercise Protocols

Emerging research continues to refine exercise strategies for IFI, emphasizing personalized programs based on anatomical variations, activity level, and comorbidities. Integration of technology, such as apps and interactive PDFs, enhances adherence and feedback.

The Role of Imaging and Biomarkers

Future studies aim to correlate specific exercise outcomes with imaging findings, allowing for more targeted interventions. Biomarkers may also help monitor soft tissue healing and response to therapy.

Conclusion

Ischiofemoral impingement exercises pdf serve as an invaluable resource in the conservative management of this increasingly recognized cause of hip pain. By providing structured, evidence-based, and easily accessible protocols, such PDFs empower clinicians and patients to undertake effective rehabilitation. The key to success lies in understanding the underlying biomechanics, tailoring exercises to individual needs, and ensuring consistent application. As ongoing research sheds light on optimal strategies, the integration of comprehensive PDFs into clinical practice promises improved outcomes and enhanced quality of life for those affected by IFI.

References

(While references are not included in this simulated article, in a formal publication, this section would list relevant clinical studies, guidelines, and authoritative sources on ischiofemoral impingement and exercise therapy.)

Ischiofemoral Impingement Exercises Pdf

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readers, but each of its chapters are also designed to be stand-alone presentations in their own right. The following areas are covered: Learning and teaching Evidence-based practice Anatomy and physiology Pathology of injuries Health and safety Clinical assessment Therapeutic modalities Injury rehabilitation Sports and exercise as medicine Sports and exercise nutrition Sports and exercise psychology Professionalism and ethics Structural and cultural competency Sideline sports injury management Management of regional injury conditions Case studies in sports and exercise therapy Employability and career development The handbook is comprehensively referenced and multi-authored. Its design incorporates numerous photographs, figures, tables and detailed sample document templates. It can be considered as an essential and topical resource for anyone involved in sports and exercise therapy, whether in their first year as an undergraduate or already working in professional practice.

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Kevin Norton, Roger Eston, 2018-09-03 Fully updated, revised and consolidated into one single volume, the fourth edition of Kinanthropometry and Exercise Physiology offers the best theoretically contextualised, practical resource for instructors and students available. Incorporating substantial sections on kinanthropometry, exercise physiology, energy systems and the application of science in health and high performance settings, the book covers the basics of measurement in exercise science through to advanced methods, and includes brand new chapters on: Pre-exercise screening and health risk stratification Functional movement assessment Point of care testing Anthropometry standards Anaerobic power and capacity History of exercise for health benefits Monitoring training loads in high-performance athletes Measuring game style in team sports Offering on-line access to newly developed exercise science measurement tools through the Exercise Science Toolkit - www.exercisesciencetoolkit.com - no other book offers such a complete resource, from the science of kinanthropometry and exercise physiology to their applications in health and performance, through practical, interactive learning. This book is an essential companion for students on any sport and exercise science-related degree programme and any instructor leading practical, laboratory-based classes.

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Biomechanics [no access to course] Jim Richards, 2018-03-29 ALL-ENCOMPASSING and EXPANDED, now covering the WHOLE BODY (lower quadrant PLUS upper quadrant and spine) - The Comprehensive Textbook of Clinical Biomechanics (formerly Biomechanics in Clinic and Research) presents the latest research in a form which is accessible, practical, thorough and up-to-the minute. • Starts from basic principles and builds up to complex concepts • Highly practical with a constant clinical emphasis • Written for all health care professionals including physiotherapists and podiatrists • Addition of upper quadrant and spine • Title has changed to truly reflect the resource's expanded and comprehensive approach • Case studies and additional clinical examples • New methods in EMG analysis • Updated elearning course which is compatible with tablet and mobile devices • A global team of writers

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E-Book Sheila Lennon, Gita Ramdharry, Geert Verheyden, 2018-07-28 The second edition of the Neurological Physiotherapy Pocketbook is the only book for physiotherapists that provides essential evidence-based information in a unique and easy-to-use format, applicable to clinical settings. Written by new international editors and contributors, this pocketbook provides quick and easy access to essential clinical information. - Comprehensive and handy reference on physical management and movement limitations, suitable to any health care context and environment - Use of eclectic approach which focuses on selecting the appropriate evidence-based tools to assess and treat neurological conditions without subscribing to any specific treatment approaches - International case studies are presented to provide worldwide scientific evidence - Fully revised by international contributors with the inclusion of 8 new chapters covering: - Common impairments - Inherited neurological disorders - Complex case management - Virtual reality and interactive gaming technologies

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Christopher M. Hayre, Dave J. Muller, Marcia J. Scherer, 2020-12-22 This edited book focuses on the role and use of VR for healthcare professions in both health and rehabilitation settings. It is also offers future trends of other emerging technology within medicine and allied health professions. This text draws on expertise of leading medical practitioners and researchers who utilise such VR technologies in their practices to enhance patient/service user outcomes. Research and practical evidence is presented with a strong applied emphasis to further enhance the use VR technologies within the community, the hospital and in education environment(s). The book may also be used to influence policymakers on how healthcare delivery is offered.

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Benzon, Srinivasa N. Raja, Scott M Fishman, Spencer S Liu, Steven P Cohen, 2017-10-01 Accessible, concise, and clinically focused, Essentials of Pain Medicine, 4th Edition, by Drs. Honorio T. Benzon, Srinivasa N. Raja, Scott M. Fishman, Spencer S. Liu, and Steven P. Cohen, presents a complete, full-color overview of today's theory and practice of pain medicine and regional anesthesia. It provides practical guidance on the full range of today's pharmacologic, interventional, neuromodulative, physiotherapeutic, and psychological management options for the evaluation, treatment, and rehabilitation of persons in pain. - Covers all you need to know to stay up to date in practice and excel at examinations - everything from basic considerations through local anesthetics, nerve block techniques, acupuncture, cancer pain, and much more. - Uses a practical, quick-reference format with short, easy-to-read chapters. - Presents the management of pain for every setting where it is practiced, including the emergency room, the critical care unit, and the pain clinic. - Features hundreds of diagrams, illustrations, summary charts and tables that clarify key information and injection techniques - now in full color for the first time. - Includes the latest best management techniques, including joint injections, ultrasound-guided therapies, and new pharmacologic agents (such as topical analgesics). - Discusses recent global developments regarding opioid induced hyperalgesia, addiction and substance abuse, neuromodulation and pain management, and identification of specific targets for molecular pain. - Expert Consult™ eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, Q&As, and references from the book on a variety of devices.

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2016-02-22 Strength and power are key elements of soccer performance. A stronger player can sprint faster, jump higher, change direction more quickly and kick the ball harder. Strength Training for Soccer introduces the science of strength training for soccer. Working from a sound evidence-base, it explains how to develop a training routine that integrates the different components of soccer performance, including strength, speed, coordination and flexibility, and outlines modern periodization strategies that keep players closer to their peak over an extended period. Dealing with themes of injury prevention, rehabilitation and interventions, as well as performance, the book offers a uniquely focused guide to the principles of strength and conditioning in a footballing context. Fully referenced, and full of practical drills, detailed exercise descriptions, training schedules and year plans, Strength Training for Soccer is essential reading for all strength and conditioning students and any coach or trainer working in football.

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Grasso, Roman Brzóška, Ladislav Kovačič, 2023-07-10 This comprehensive textbook, published in collaboration with ESSKA, now in a revised and updated second edition, covers all major shoulder problems and related arthroscopic treatments. Introductory sections on basic science and the principles of shoulder arthroscopy provide essential information with the aim of enhancing understanding of a wide range of key issues. Shoulder conditions and their treatments are then described according to a learning pathway that will allow readers to improve their knowledge and skills in shoulder arthroscopy, from simple, standardized techniques to more complex and advanced procedures. The new edition includes additional chapters and offers attractive recent surgical solutions to challenging shoulder conditions, such as severe bone loss in shoulder instability and

massive and irreparable rotator cuff tears. All chapters are written by expert arthroscopic surgeons who present decision-making algorithms for diagnosis and treatment, provide step-by-step instructions on arthroscopic techniques, identify pitfalls, and describe their personal tips and pearls. A dedicated section on outcomes measurements and experimental models explains the principles of outcome research on the topics addressed in the book.

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ischiofemoral impingement exercises pdf: FAQ Physiotherapie Susanne Klotz, 2025-07-09 FAQ Physiotherapie beantwortet Ihnen nicht nur viele Fragen zu den Grundlagen der Physiotherapie, sondern auch spezifisch zur Anwendung in verschiedenen Handlungsfeldern. Die Frage-Antwort-Struktur bietet Ihnen einen schnellen Zugriff auf relevante Inhalte. Auf einen Blick erhalten Sie die wichtigsten Informationen zu den häufigsten Fragen aus der Praxis. Dieses Buch ist die ideale Ergänzung und unverzichtbare Unterstützung für Ihre tägliche Arbeit, ermöglicht eine effiziente Wissensaufrischung und unterstützt bei der Vorbereitung auf Prüfungen durch valide, kompakte und klare Informationen. Vermittelt werden die häufigsten und wichtigsten 1.000 Fragen aus der Praxis: ■ physiotherapeutische Grundlagen ■ Prävention, Kuration und Rehabilitation in der Physiotherapie ■ berufspolitische und rechtliche Aspekte ■ Kommunikation und Gesprächstechniken ■ ambulantes sowie stationäres Setting ■ Prinzipien bei verschiedenen Gesundheitsproblemen ■ Physiotherapie in verschiedenen medizinischen Fachbereichen und darüber hinaus Dieses Buch

eignet sich für Physiotherapeuten und Physiotherapeutinnen sowie Berufsanfänger, Wiedereinsteiger als auch an Fachkräfte, in verschiedenen Fachbereichen. - Praxisnahe Antworten: Kompakte und leicht verständliche Antworten auf zentrale Fragen, die im therapeutischen Alltag auftreten. - Umfassendes Wissensspektrum: Bietet eine breite Palette an diagnostischen und therapeutischen Möglichkeiten in verschiedenen klinischen Fachbereichen. - Breite der Themenbereiche: Deckt wichtige Themen wie Prävention, Gesundheitsförderung, Kuration, Rehabilitation und Palliation ab. - Strukturierter Aufbau: In zwei Teile gegliedert – allgemeine Grundlagen und spezifische Anwendungen – für einfaches und zielgerichtetes Lernen. - Effektive Prüfungsvorbereitung: Klare Frage-Antwort-Struktur ermöglicht effiziente Selbstkontrolle und gezielte Vorbereitung auf Prüfungen. - Berufspolitische und rechtliche Klarheit: Erläutert wichtige Aspekte zur Handhabung von Verordnungen und zur Preisgestaltung therapeutischer Leistungen. - Effektive Kommunikation: Bietet Strategien zur Verbesserung der Zusammenarbeit innerhalb interprofessioneller Teams. - Vielfältige Zielgruppe: Nützlich für Auszubildende, Studierende und Praktiker, die Orientierung und Unterstützung in unterschiedlichen beruflichen Situationen suchen. - Optimale Wissensauffrischung: Perfekte Informationsquelle für die tägliche Arbeit in der Physiotherapie.

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