

Hip Objective Assessment

Look:

- Bony deformity / Bony alignment
 - Gait pattern / Weight Bearing
 - Trendelenberg sign (hip abductor weakness)
 - Balance
 - In Standing:
 - Lumbar spine
 - Level of iliac crests (Pelvic / SIJ dysfunction)
 - Knee
 - Lying Supine
 - Leg length
 - External rotation of leg
- Colour change
 - Bruising, inflammation, infection, rash
- Wasting / spasm / bulk of muscle
- Swelling, scarring, skin changes (wounds)

Feel:

- Vascular System
 - Distal pulses, capillary refill
- Sensation (Neurological Examination)
 - Peripheral nerve skin sensation and power
- Temperature
 - Infection / Inflammation
- Swelling
 - Effusion, Synovial thickening, Extra capsular
- Tenderness
 - Lumbar spine
 - Pelvis: Iliac crest, ASIS, Pubic rami, Symphysis pubis, PSIS, SIJ, Ischial tuberosity, Sacrum, Coccyx
 - Greater trochanter
 - Inguinal ligament
 - Femoral triangle (hip joint)
 - Knee

Move:

- Clear the joints above (Lumbar spine, SIJ) and below (Knee)
- Active Movement
 - Flexion 120
 - Extension 15 Prone
 - Abduction 50
 - Adduction 30
 - Lateral / external rotation 60
 - Medial / internal rotation 40
- Passive Movement
 - Tests inert structures, pain, range, crepitus
 - Medial rotation prone
- End Feel of Movement
 - Normal: Hard, Soft, Elastic
 - Abnormal: Hard, springy, spasm, empty
- Muscle Power
 - MRC grading 0 – 5
 - ACTIVE STRAIGHT LEG RAISE
- Static Resisted Testing
 - Tests contractile unit, pain, power

Special Tests:

- SLR and sign of the buttock
 - Sciatic stretch, flex knee, if pain remains consider psoas bursitis / serious pathology
- Thomas test
 - Hip flexion contracture
- Hamstring Muscle Length (Supine, popliteal angle)
- Quadriceps Muscle Length (Prone Knee Bend)
- Trendelenberg test
 - Stand on one leg and look for a contralateral pelvic drop
- Psoas Bursa compression test