

**HIP REGIONAL EXAMINATION**

**Patient:** \_\_\_\_\_ **File no:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Intern / Resident:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Clinician:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Observation**

- Gait: \_\_\_\_\_ • Posture: \_\_\_\_\_
- Weight-bearing symmetry: \_\_\_\_\_
- Balance and proprioception (Stork-standing test): \_\_\_\_\_
- Bony / soft tissue contours: Buttock contour \_\_\_\_\_  
 Hip flexion contracture \_\_\_\_\_  
 Lumbar lordosis \_\_\_\_\_  
 Scoliosis \_\_\_\_\_
- Skin: \_\_\_\_\_ • Swelling: \_\_\_\_\_
- Leg length inequality: \_\_\_\_\_

**Palpation**

• Anterior aspect:

Iliac crests \_\_\_\_\_  
 Greater trochanter \_\_\_\_\_  
 Pubic symphysis and tubercle \_\_\_\_\_  
 Femoral head \_\_\_\_\_  
 Femoral Δ - femoral artery \_\_\_\_\_  
                   - lymph nodes \_\_\_\_\_

ASIS<sup>s</sup> \_\_\_\_\_  
 Inguinal ligament \_\_\_\_\_  
 Inguinal hernia \_\_\_\_\_  
 Muscles - Quadriceps \_\_\_\_\_  
                   - Adductors \_\_\_\_\_  
                   - Abductors \_\_\_\_\_  
                   - Psoas \_\_\_\_\_

• Posterior aspect:

Iliac crests posteriorly \_\_\_\_\_  
 Ischial tuberosity \_\_\_\_\_  
 Muscles - Piriformis \_\_\_\_\_  
                   - Gluteals \_\_\_\_\_  
                   - Hamstrings \_\_\_\_\_

PSIS<sup>s</sup> \_\_\_\_\_  
 Sciatic notch \_\_\_\_\_  
 SI joints \_\_\_\_\_  
 Lumbar Spine \_\_\_\_\_  
 Sacrum + coccyx \_\_\_\_\_

**Active Movements** (note ROM and pain)

Flexion (110-120°) \_\_\_\_\_  
 Extension (10-15°) \_\_\_\_\_  
 Adduction (30°) \_\_\_\_\_  
 Abduction (30-50°) \_\_\_\_\_  
 Medial rotation (30-40°) \_\_\_\_\_  
 Lateral rotation (40-60°) \_\_\_\_\_

**Passive Movements** (note end-feel, ROM and pain)

Flexion (tissue stretch or approximation) \_\_\_\_\_  
Extension (tissue stretch) \_\_\_\_\_  
Adduction (tissue stretch or approximation) \_\_\_\_\_  
Abduction (tissue stretch) \_\_\_\_\_  
Medial rotation (tissue stretch) \_\_\_\_\_  
Lateral rotation (tissue stretch) \_\_\_\_\_

**Resisted Isometric Movements** (note strength and pain)

Flexion \_\_\_\_\_ Medial rotation \_\_\_\_\_  
Extension \_\_\_\_\_ Lateral rotation \_\_\_\_\_  
Adduction \_\_\_\_\_ Knee flexion \_\_\_\_\_  
Abduction \_\_\_\_\_ Knee extension \_\_\_\_\_

**Joint Play Movements**

Caudal glide (long axis traction) \_\_\_\_\_  
Compression \_\_\_\_\_  
Lateral distraction \_\_\_\_\_  
Quadrant (scouring) test \_\_\_\_\_

**Special Tests**

Patrick's FABER Test \_\_\_\_\_  
Trendelenberg Test \_\_\_\_\_  
Craig's Test \_\_\_\_\_  
Leg Length: Actual \_\_\_\_\_ (L) \_\_\_\_\_ (R) Apparent \_\_\_\_\_ (L) \_\_\_\_\_ (R)  
Sign of the Buttock \_\_\_\_\_  
Thomas Test (hip flexion contracture) \_\_\_\_\_  
Rectus Femoris Contracture Test \_\_\_\_\_  
Ely's Test (rectus femoris hypertonicity) \_\_\_\_\_  
Ober's Test (ITB contracture) \_\_\_\_\_  
Noble Compression Test (ITB Friction Syndrome) \_\_\_\_\_  
Piriformis Test \_\_\_\_\_  
Hamstrings: Hamstring Contracture Test \_\_\_\_\_  
                  90°-90° SLR Test \_\_\_\_\_  
                  Tripod Test \_\_\_\_\_

**Radiological Examination:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Diagnosis:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Management Plan:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_