



SHSS 5062 Hip Assessment

1. Observation

- Need to be in shorts.
- T-shirts, shoes and socks off
- Observe from back, front & both sides.
- Should be whole body observation, but paying particular attention to lower limb, hip and Lx spine

2. Quick Touch

- Bilateral comparison
- Back of hand
- Temperature & Texture

3. Range of Movement

- Bilateral comparison
- AROM
- PROM (end range with O/P)
- RROM (end range with O/P, client resists O/P)
 - Flexion/extension
 - Abduction/adduction
 - Medial/lateral rotation

4. Manual Muscle Tests

- Rectus Femoris
- Iliopsoas
- Adductor Brevis,
- Adductor Longus &
- Adductor Magnus
- Glute Med & Min
- TFL
- Hamstrings (as a group over hip)
- Gluteus maximus

5. Ligament Stress Tests

- Pubo-femoral (flex)
- Ischio-femoral (HF, Add, MR)
- Ilio-femoral (Prone, KF, Abd, HE)

6. Palpate

Anterior superior iliac spine (ASIS), Pubis symphysis, Inguinal ligament, Greater trochanter, Joint line, Anterior inferior iliac spine (AIIIS), Posterior superior iliac spine (PSIS), Iliac crest, All associated tendons / muscles

7. Joints above & below

- Bilateral comparison
- Active movements
 - Knee and Lx spine

8. Special Tests

Pelvic stability/Glute med/min

- Trendelenburg test

ROM hip flexors, rec fem, TFL

- Thomas' test

TFL/ITB

- Obers test
- Noble Compression Test

Joint surface integrity

- Faber (Patrick)
- Hip Quadrant

ROM hamstrings

- Hamstring stretch (SLR)

Leg length discrepancy

- Leg length measurement (true & apparent)

9. Functional

Walk, jog, squat, jump, landing, kicking etc