

Hip Assessment

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Overview

- Adult Hip
- History
- Symptoms
- Clinical Examination

History

- Pain
- Stiffness
- Walking distance
- Swelling – diffuse or localised (think Golf ball)
- Relevant Past History (Medication / Haematological / Rheumatology)
- Childhood History
- Travel
- Trauma

History - Pain

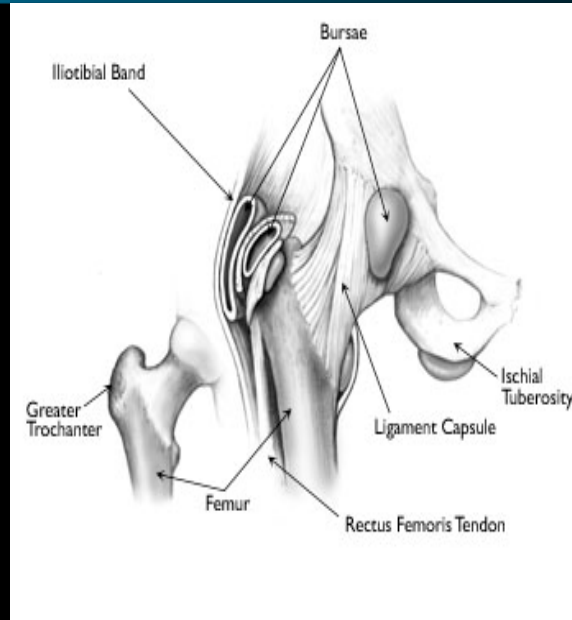
- Duration
- Site – Where is your Hip?
- Referred pain – Hip pathology presenting as Knee pain
- Radiation
- Aggravating / Relieving factors
- At rest? - red flag

Gait

- Antalgic stance phase
- Trendelenburg – swing phase
- Foot drop – high stepping

Inspection : Attitude (Posture)

- External rotation
- Shortening
- Flexion



Inspection

- Skin – scars, sinus
- Swelling
- Muscle wasting
- Leg length



Palpation

- Trochanteric area
- Hernia
- Swelling



Leg Length

- Apparent and true leg length
- Galeazzi sign



Movements

- SLR
- Flexion – Thomas test
- Abduction
- Adduction
- Extension
- Internal & External Rotation

Passive / Active

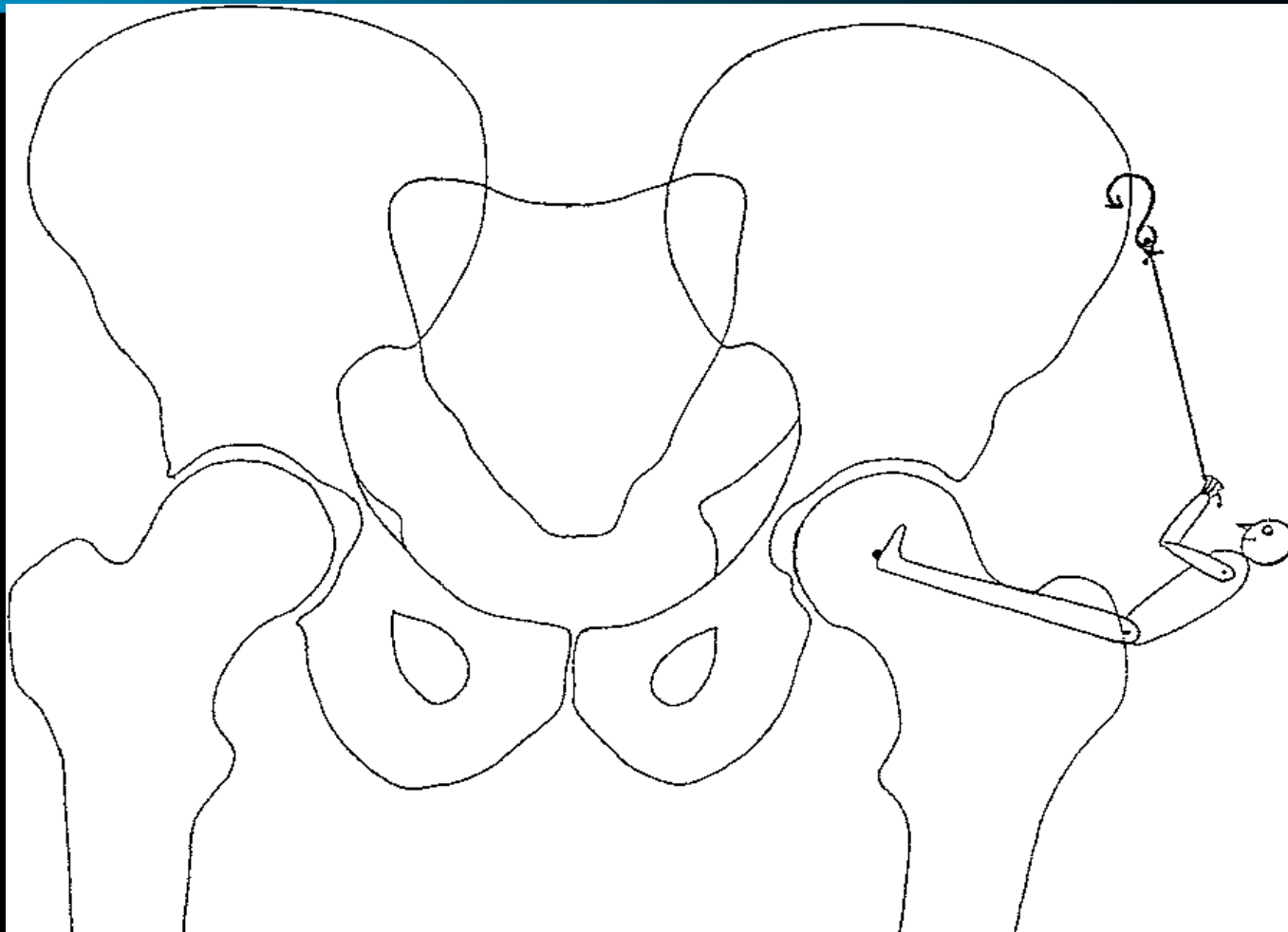
Neurovascular Examination

- Distal Pulses
- Sciatic nerve
- Lateral cutaneous nerve of thigh
- Femoral nerve
- Obturator nerve

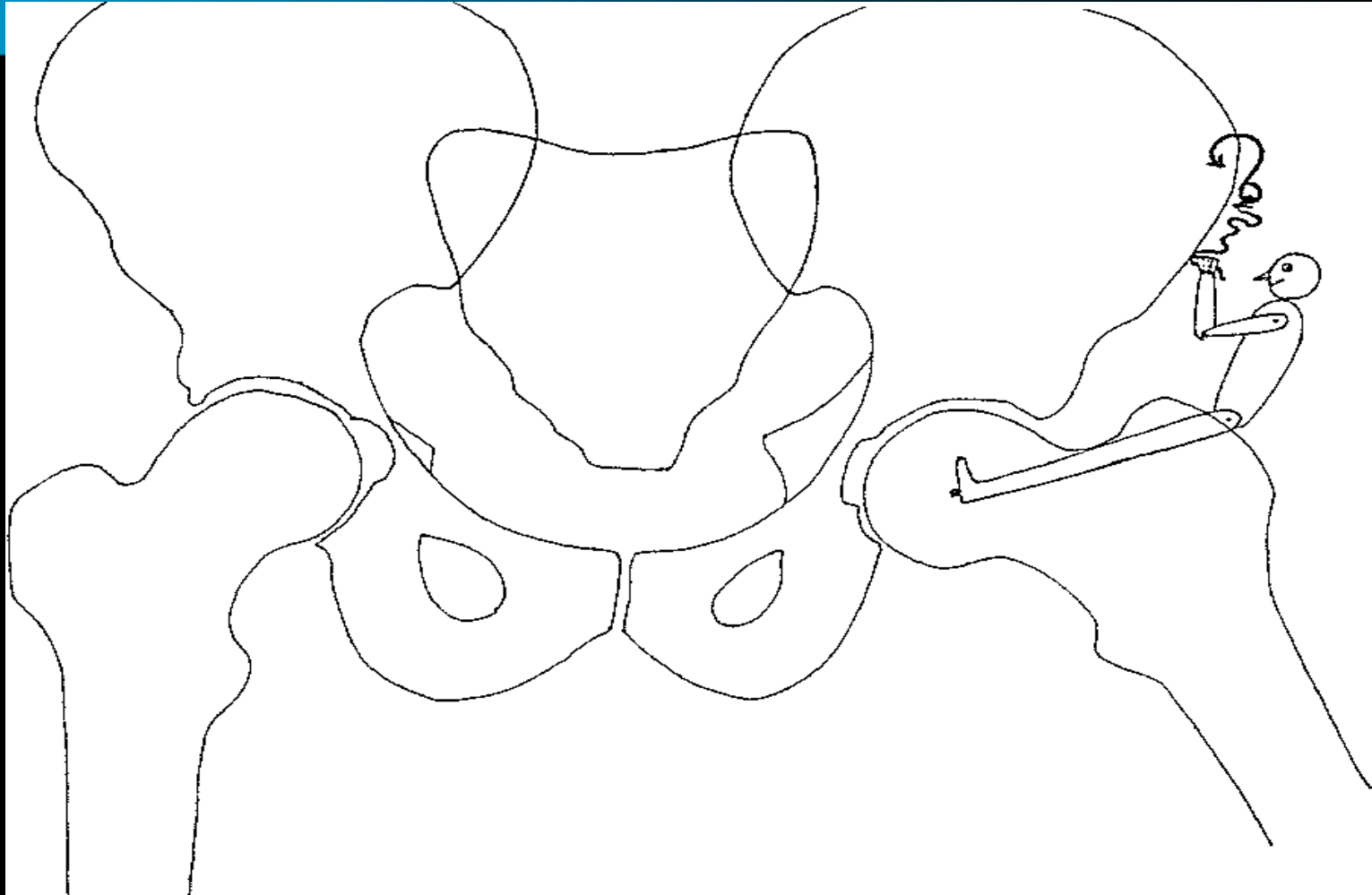
Special Tests

- Trendelenburg – Sound side sags
- Thomas test
- Snapping ITB
- FAI - FADIR
- Adductor tendon
- IlioPsoas tendon
- FABER

Abductor



Abductor weakness



Trendelenburg Sign

Sound Side Sags



Special tests

- Blocks



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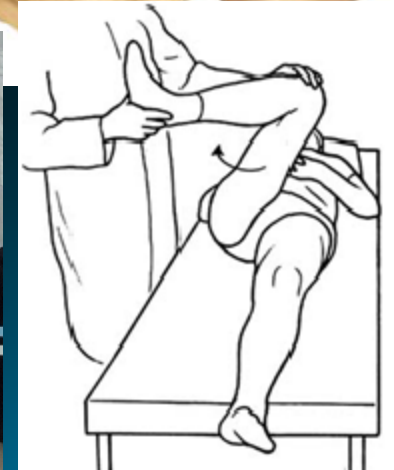
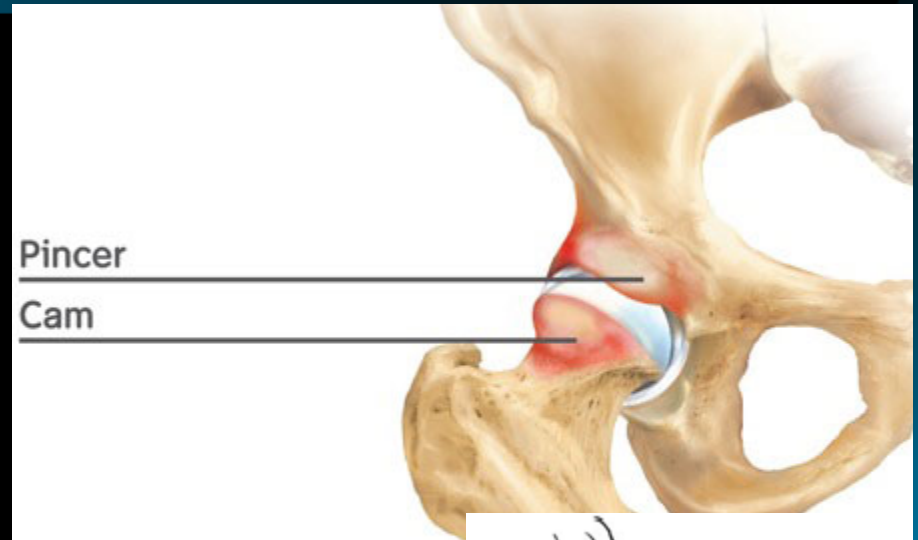
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Product Dimensions: 3.2 x 12.7 x 21 cm

Pathology specific examination

- AVN
- FAI – FADIR
- SIJ – FABER
- Bursitis – Trochanteric

Ischial



Joint Above and Below

- Spine
- Knee

Other Pathology

- Lymphadenopathy
- Hernia
- Tendinitis – Adductor, Psoas.
- Infection
- Tumours
- Stress fractures
- Bisphosphate related fractures

Challenges to examination

- Fixed adducted legs (wheelchair position)
- Neuromuscular conditions
- Uncooperative patient
- Learning Difficulties

Summary

- Hip Assessment - Systematic
- Tailored Specific Examination

Resources

- www.orthofracs.com
- <http://www.boa.ac.uk/publications/>
- <http://www.uhcw.nhs.uk/education/orthopaedic-videos>

Thank you

