

Hip Regional Examination

☒ Check normal, circle & describe abnormal

CC & significant history: _____

Patient: _____ date: _____

Insurance: _____ (dd/mm/yr)

Date of birth: _____ M/F

Fracture screen (tuning fork, percussion, torsion test, 5-step test): ☐ WNL ☐ Refer for X-ray: _____

Observation: ☐ WNL

Development: ☐ good, ☐ fair, ☐ poor

☐ Posture: _____

☐ Skin (bruising, scars): _____

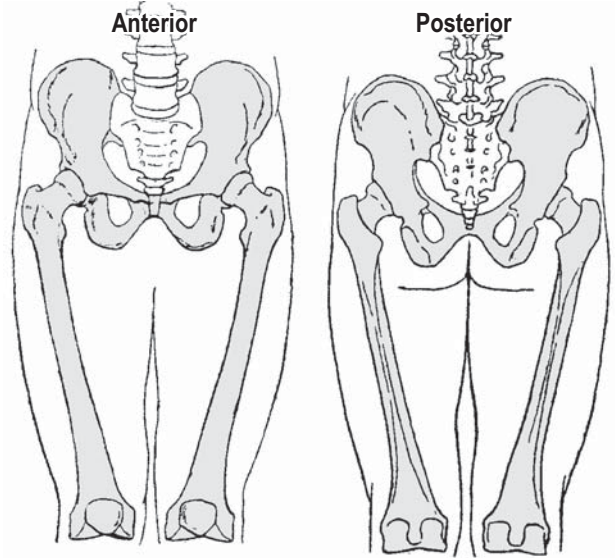
☐ Asymmetry: _____

Observation ☐ WNL	L	R
Leg length		
Q-angle		
Genu varum		
Genu valgum		
Iliac crest height		
Gluteal fold height		
Lumbar lordosis		
Lumbar scoliosis		
Toe in/out		
Femur int/external rotation		
Gait analysis		

Palpation: ☐ WNL

Palpation	L	R
ASIS/Iliac crest		
TFL/ITB		
SI joint		
Sacrospinous lig.		
Greater trochanter		
L-spine/sacrum		
Hip joint/capsule		
Gluteus max./med.		
Piriformis		
Sciatic nerve		
Ischial tuberosity		
Hamstrings		
Anterior thigh		
Iliopsoas		
Pubic symphysis		
Inguinal lig./nodes		
Femoral triangle		
Greater saph. vein		
Adductor muscles		

Mark on drawing ☐ pain (circle), ☐ spasm (s), ☐ edema (e), ☐ fibrotic (f),
☐ MFTP (x), ☐ ache (a), ☐ burning (b), ☐ tingling (t)



ROM & Joint Play: ☐ WNL

☐ Pain at end ROM: _____

☐ Abnormal motion: _____

ROM	Active		Passive	
	L	R	L	R
Flexion (120°) bent knee				
Flexion (80°-90°) SLR				
Extension (30°)				
Abduction (50°)				
Adduction (30°)				
Internal rotation (40°)				
External rotation (50°)				

Joint Play*	L	R	Comments
Long axis distraction			
Internal rotation (40°)			
External rotation (50°)			
SI joint			

*Most joint play is done with passive ROM

Vascular Screen: ☐ WNL

Pulses (0-4)	L	R
Femoral pulse		
Tibial pulse		
Dorsal pedal		
Blanch test		

Neurologic: ☐ WNL

Reflexes (0-5), ☐ WNL	L	R
Patellar (L4)		
Hamstring (L5)		
Patellar (S1)		
Babinski		

Motor (0-5), ☐ WNL	L	R
Hip flexion (L2)		
Hip extension (L3-S1)		
Abduction (L4-S1)		
Adduction (L2-L4)		
Ext. rotation (L4-S1)		
Int. rotation (L4-S1)		
Knee flexion (L4-S1)		
Knee extension (L2-L4)		

*sensation is done through general palpation

Orthopedic: ☐ WNL

	L	R		L	R
Trendelenburg			SLR active		
Heel walk (L5)			SLR passive		
Toe walk (S1)			Bragard's		
Toe touch			SLR maximal		
Squat & rise			Valsalva		
Alli's sign			Ober/Nobel/Rinné		
Anvil			Thomas/Gaenslen's		
Patrick FABERE			Nachlas		
Laguere			Ely's		
Scour			Hibb's		
SI distraction			Yoeman's		
SI compression			Kemp's		

Additional procedures: ☐ WNL

☐ Abdominal exam: _____

☐ Knee exam: _____

☐ Lumbosacral exam: _____

DDx: _____

Signature: _____

Date: _____