

# Orthopedic Hip Examination

## Course 452

### Goals:

To be able to perform a proper hip examination and identify any abnormality that aids in diagnosis

### Examination

#### **Standing**

##### **Look:**

Pelvic Obliquity (Shoulder level, pelvis level, Lumbar lordosis, Spinal deformities)  
Gait (Antalgic, Trendelenburg)

##### **Do Special Test:**

Trendelenburg's Sign

#### **Supine**

**Exposure:** Umbilicus to mid-thigh and cover the genitalia

##### **Look:**

Skin Changes  
Muscle Wasting (Glutei)

##### **Feel:**

Skin Temperature  
Bony Landmarks (ASIS, Iliac crest, GT, Pubic Tub.)

##### **Move:**

Start with **Thomas Test** to assess for FFD by fully flexing opposite side

If **Thomas Test** is positive, assess flexion and extension with the patient lying on side while stabilizing the pelvis.

Passive Abd/Add on Supine position and stabilize the pelvis, IR/ER at 90 hip flexion

##### **Do Special Test:**

Measure True LLD  
If there is difference, Do the **Galeazzi sign**