

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 (standing position)

Trendelenburg's Sign

Supine

Exposure: Umbilicus to mid-thigh and cover the genitalia

Look:

Skin Changes

 Mus Wasting (Glutei)

Feel:

Skin Temperature, tenderness GT or other

 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**