Examination of the Hip

Mr Simon Tilley
General

- As soon as the patient walks into room!
- Crutches?
- Limp?
Inspection

- Patient standing in underwear and barefoot
- Assess scars, spine deformity, posture, contractures
- Trendelenburg test
Gait

- Antalgic
- Short leg
- Trendelenburg
Supine Examination

- Palpation
- Leg length measurements
Hip Movements

- Active and Passive
- Flexion (0-135°)  
  - Thomas’ Test
- Extension (0-30°)  
  - Prone
- Abduction (0-45°)
- Adduction
- Rotation (in extension and flexion)
Conclusion

- Do not forget to:
  - Examine joint above & below (Spine & Knee)
  - Examine whole lower limb neurovascular system