EXAMINATION OF THE HIP

|  |  |  |
| --- | --- | --- |
|  | ADEQUATE | INADEQUATE |
| Introduces self to the pt |  |  |
| Explains the examination |  |  |
| Ask the pt to undress to his garments |  |  |
| Ensures that pt is comfortable |  |  |
| ***Inspection*** |  |  |
| Looks from the front and the back |  |  |
| General inspection at posture, asymmetry, deformity, muscle wasting, scars |  |  |
| Observes gait |  |  |
| Performs trendelenbergs test |  |  |
| Asks pt to lie supine |  |  |
| Comments on skin colour, sinuses, scars |  |  |
| Comments on limb position, limb shortening, rotation, abduction, adduction or flexion deformity |  |  |
| Measures true leg length |  |  |
| Measures apparent leg length |  |  |
| Measures circumference of the quads |  |  |
| ***Palpation*** |  |  |
| Ask if there is any pain |  |  |
| Feel the skin for the temp, any effusions |  |  |
| Assesses the bony landmarks of the hip and the inguinal ligament |  |  |
| ***Move*** |  |  |
| Performs the Thomas test and tests flexion (120) |  |  |
| Drops one leg over the edge of the couch to fix the pelvis |  |  |
| Check for abduction (40) |  |  |
| Check for adduction (25) |  |  |
| Check internal (35) and external rotation (45) |  |  |
| Ask the pt to lie prone and check for extension |  |  |
| ***Completion*** |  |  |
| Asks to perform a vascular and neurological examination |  |  |
| Indicates need for tests eg hip, knee xrays, bloods |  |  |
| Thank pt |  |  |
| Offer to help pt dress ensure pt comfortable  |  |  |
| Summarise finding and offer differential |  |  |
| ***Global score*** |  |  |
| Examiner |  |  |
| Patient  |  |  |
| OVERALL |  |  |