



Checklist for Acute Examination of the Hip, Pelvis, and Groin

History

Ask questions pertaining to the following:

- ☐ Chief complaint
- ☐ Mechanism of injury (contact or noncontact, rotational stress, weight bearing or non-weight bearing, etc.)
- ☐ Unusual sounds or sensations
- ☐ Type and location of pain or symptoms
- ☐ Previous injury
- ☐ Previous injury to opposite extremity for bilateral comparison

Observation

- ☐ Swelling (local or general), deformity, and discoloration
- ☐ Positioning and any limitations in mobility or function
- ☐ Standing alignment: levels of greater trochanters, PSIS from behind, ASIS from the front, equal weight bearing
- ☐ Gait—normal versus abnormal
- ☐ Muscular atrophy and tone, previous scars
- ☐ Bilateral comparison

Palpation

Bilaterally palpate for pain, tenderness, and deformity over the following:

- ☐ ASIS, iliac crest including the insertion of the abdominals and hip abductors, iliac tubercle, greater trochanter, trochanteric bursa
- ☐ Inguinal ligament, femoral triangle borders and contents, pelvic tubercles
- ☐ Abductor, hip flexor, and adductor muscle groups and insertions
- ☐ PSIS, ischial tuberosity, piriformis and sciatic nerve, sacroiliac joint, sacrotuberous ligament

- ☐ Gluteus maximus
- ☐ Hamstring (proximal and origin on ischial tuberosity)
- ☐ Bilateral comparison

Range of Motion

- ☐ Perform active ROM for hip abduction, adduction, flexion (knee flexed and extended), extension (knee flexed and extended), and medial and lateral rotation.
- ☐ Bilaterally compare and note any pain or restricted ROM.
- ☐ Perform passive ROM for the active motions listed.
- ☐ Bilaterally compare and note any pain or restricted ROM.

Strength Tests

- ☐ Perform manual resistance to motions listed for ROM (may follow each active or passive test).
- ☐ Check bilaterally and note any pain or weakness.

Neurovascular Tests

- ☐ Sensory, motor, and reflex testing for lumbosacral plexus
- ☐ Femoral pulse

Special Tests

- ☐ Test for hip pathology (Nélaton's line, stress fracture test)
- ☐ Test for sacroiliac pathology (Patrick's, Gaenslen's, sacral apex compression, sacroiliac compression and distraction, posterior distraction)

Functional Tests