

Table 18.2 Manual Muscle Testing for the Hip Musculature

Motion	Athlete position	Stabilizing hand placement	Resistance hand placement	Instruction to athlete	Primary muscles tested
Hip flexion	Seated or supine	Iliac crest of test leg	Distal anterior thigh above the knee	Raise knee toward chest.	Iliopsoas
Hip flexion, abduction, and rotation	Seated or supine	N/A	One hand on anterolateral surface of distal thigh just above knee and one hand grasping posteromedial aspect of distal lower leg	Flex, abduct, and laterally rotate the hip by sliding the foot along the antero-medial shin of the opposite leg, bringing the foot to rest on the anterior distal thigh just above the knee.	Sartorius
Medial rotation	Seated	N/A	One hand on medial aspect of distal thigh, the other hand on lateral distal lower leg	Rotate hip toward midline, moving foot away from midline.	Tensor fascia latae, gluteus medius and minimus
Lateral rotation	Seated	N/A	One hand on lateral aspect of distal thigh, the other hand on medial distal lower leg	Rotate hip away from midline, bringing foot toward midline.	Lateral hip rotators (piriformis, gemelli, obturators, quadratus femoris)
Abduction	Side-lying, test leg up	Pelvis	Distal lateral thigh above knee	Raise leg toward ceiling, leading with heel.	Gluteus medius and minimus
Adduction	Side-lying on test leg, uninvolved leg in a figure-four position with hip and knee flexed and foot flat on table in front of test leg	Pelvis and opposite leg	Distal medial thigh above knee	Raise leg toward ceiling.	Adductor group (adductor longus, brevis, and magnus; pectineus; gracilis)
Hip extension	Prone with knee flexed (KF) and extended (KE)	Pelvis	Distal posterior thigh above knee	Keep back in neutral; lift leg off table.	KF = gluteus maximus KE = gluteus maximus, hamstrings

From S. Shultz, P. Houglum, and D. Perrin, 2016. *Examination of musculoskeletal injuries*, 4th ed. (Champaign, IL: Human Kinetics).