Evaluation of the Hip

HISTORY

Remember the questions from lecture #2?

PALPATION

- Let’s break the body up into 4 areas
  - Medial
  - Anterior
  - Lateral
  - Posterior

- Use Bony Landmarks to Identify Structures
- Start proximally and palpate distally
MEDIAL
- Pubic Bone
- Ischial Tuberosity
- Adductor Longus
- Adductor Magnus
- Adductor Brevis

Anterior
- Sartorius
- Tensor Fasciae Latae (TFL)
- Rectus Femoris

Lateral
- Iliac Crest
- Gluteus Medius
- Greater Trochanter
**Thoracic Landmarks**

<table>
<thead>
<tr>
<th>T1</th>
<th>Prominent; inferior to C - spine</th>
</tr>
</thead>
<tbody>
<tr>
<td>T2</td>
<td>Posterior from jugular notch</td>
</tr>
<tr>
<td>T3</td>
<td>Even with medial border of scapula</td>
</tr>
<tr>
<td>T7</td>
<td>Even with inferior angle of scapula</td>
</tr>
</tbody>
</table>
Thoracic Rule of 3’s

<table>
<thead>
<tr>
<th>Level</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>T1-T3</td>
<td>Same level</td>
</tr>
<tr>
<td>T4-T6</td>
<td>Midway between</td>
</tr>
<tr>
<td>T7-T9</td>
<td>One below</td>
</tr>
<tr>
<td>T10</td>
<td>One below</td>
</tr>
<tr>
<td>T11</td>
<td>Midway between</td>
</tr>
<tr>
<td>T12</td>
<td>Same level</td>
</tr>
</tbody>
</table>

Lumbar / Sacral Landmarks

<table>
<thead>
<tr>
<th>Level</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>L3</td>
<td>Posterior to umbilicus</td>
</tr>
<tr>
<td>L4</td>
<td>Level with iliac crest</td>
</tr>
<tr>
<td>L5</td>
<td>Bilateral Dimples</td>
</tr>
<tr>
<td>S2</td>
<td>PSIS</td>
</tr>
</tbody>
</table>
OBSERVATION

Remember what to look for from lecture #2?

Some unique things to look at with the hip.
Craig’s Test

Figure 13-16
Hilgenreiner's line.
Does the scoliosis disappear with flexion?

STRESS

- Bone
- Joint
- Muscle / Tendon
- Nerve
- Vascular
Single Leg Stance
Hip Scouring Test

Range of Motion

- Active, Passive, Resistive
- 2 Joint Muscles
  - Hamstrings
  - Rectus Femoris
- Triplanar Muscles
Passive ROM

DISC

Valsalva
Well Straight Leg Raise

MUSCLE
Active / Resisted ROM

Trendelenberg’s Sign

Thomas Test

Rectus Femoris

Iliopsoas
NERVE

Beevor’s Sign

Quadrant Test
Femoral Nerve Stretch

Straight Leg Raise

Slump Test
Tension Sign / Bowstring

Kernig’s / Brudzinski

Side Gliding
Malingering

Hoover Test

Piriformis Syndrome
- Straight leg raising
- Passive internal rotation
- Resisted external rotation in the seated position