



5 steps to assess the hip

within 10 minutes

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5 steps to assess the hip

Nº1 History

- Location of pain
- Referral pattern
- Type of pain
- Aggravating and alleviating factors

Nº2 Associated symptoms

- Locking or catching
- Pain on cough or sneeze
- Back pain

Nº3 Examination of hip

- ROM-flexion / IR / ER
- Special tests = FABER's / FADIR's tests
- Palpation anterior and lateral hip

Nº4 Other examination,

- Lx spine / leg neuro / cough impulse
- Other as indicated by history

Nº5 Check previous medical hx

- congenital hip issues / adolescent hip pain / spinal issues / previous red flag conditions

Top Tips

- Hip J may be felt in groin/ thigh/buttock and normally report throb/ache
- Sharp burning pain or numbness suggests nerve pain and need to consider source of referral
- Don't forget to use other side to compare exam findings - what is normal?

Red Flags

- Severe night pain that affects sleep indicates need for referral and investigation
- Any progressive nerve symptoms/weakness - must consider Cauda Equina Syndrome
- Any malaise/weight change/ fever/night sweats