Orthopedic Assessment:
Special Tests of the Hip

J. Kristopher Ware MD, DPT
Orthopedic Associates of Hartford
University of Hartford Team Physician
Disclosures

• I have no financial interest or contractual relationships with any commercial interest relating to this presentation.
• The views expressed in these slides and today’s discussion are my own.
Common Athletic Hip Injuries

- Muscle strain - Adductors, hip flexors, lower abdominal wall
- Hip pointer
- Snapping hip - external versus internal
- Femoroacetabular impingement/ labral tear
- Osteitis pubis
- Stress fracture
- Athletic pubalgia
On field examination

• Palpation
• Hip ROM
• Leg length
  • Discrepancy could indicate hip dislocation or fracture
• Ability to weight bear
Comprehensive training room/ office examination

• Gait
• Lumbar screen
• Palpation- proximal rectus, ASIS/iliac crest, pubic symphysis
• Hip ROM
• Flexibility- Hamstrings, Rectus femoris, iliopsoas, ITB
• Strength testing
Hip Exam Special Tests

Anterior impingement test (FADIR)

Posterior impingement test (ischiofemoral impingement)
Hip Exam Special Tests

Stinchfield Test

FABER Test
Additional special tests

- Thomas test
- Ober test
- Circumduction test (internal snapping hip)
- Log roll
- Fulcrum test
Thank you!
References


