

Hip examination



Instructions - “*Examine the hip joint of this patient*”

1	Washes hands	
2	Introduces themselves & confirms patient details	
3	Explains examination & gains consent	
4	Exposes patient appropriately	
5	Inspects patient's hips (<i>anterior / lateral / posterior</i>)	
6	Assesses patient's gait	
7	Palpates hip joint	
8	Palpates greater trochanter	
9	Measures apparent leg length	
10	Measures true leg length	
11	Active hip flexion	
12	Passive hip flexion	
13	Passive hip internal rotation	
14	Passive hip external rotation	
15	Passive hip ABduction	
16	Passive hip ADduction	
17	Passive hip extension (<i>prone</i>)	
18	Thomas's test	
19	Trendelenburg's test	
20	Thanks patient	
21	Washes hands	

EXAMINER

“*Summarise your findings and suggest further investigations*”

22	Accurately summarises salient findings	
23	Suggests appropriate further investigations	

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