



# OSCE Checklist: Hip Examination

Introduction		
1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the patient including your name and role	
3	Confirm the patient's name and date of birth	
4	Briefly explain what the examination will involve using patient-friendly language	
5	Gain consent to proceed with the examination	
6	Adequately expose the lower limbs	
7	Position the patient standing for initial inspection of the lower limbs	
8	Ask if the patient has any pain before proceeding	
9	Gather equipment	
Look		
10	Perform a brief general inspection of the patient, looking for clinical signs suggestive of underlying pathology	
11	Inspect both lower limbs with the patient standing (anterior/lateral/posterior)	
12	Assess the patient's gait	
13	Ask the patient to lay on the bed and repeat inspection of the lower limbs	
Feel		
14	Assess and compare hip joint temperature	
15	Palpate the greater trochanter	
16	Assess apparent and true leg length	
Move		
17	Assess active hip flexion and extension	
18	Assess passive hip flexion	
19	Assess passive internal and external rotation of the hip	
20	Assess passive abduction and adduction of the hip	
21	Assess passive hip extension with the patient lying prone	
Special tests		
22	Perform Thomas's test	
23	Perform Trendelenburg's test	
To complete the examination...		
24	Explain to the patient that the examination is now finished	
25	Thank the patient for their time	

<b>26</b>	Dispose of PPE appropriately and wash your hands	
<b>27</b>	Summarise your findings	
<b>28</b>	Suggest further assessments and investigations (e.g. neurovascular examination of both lower limbs, examination of the joint above and below and further imaging)	

Read the full guide at  
[geekymedics.com](https://www.geekymedics.com)



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