

Hip Examination Cheat Sheet by hjsdhaj via cheatography.com/201639/cs/44990/

Perperation: W Wash Hands I Introduce Yourself + Check Patient's Identity

P Permission

P Patient Position + Pain

E Explaination

Initially patient should be standing for *functional tests*, followed by lying flat

Lower limbs must always be exposed

Eq			

Tendon Hammer

General (Standing) Inspection:

Remove socks, and (if possible) top

Check spine for scoliosis, kyphosis, lordosis, etc.

Check foot arches

Check **quads** for Ask them to pull shorts up as far as

wasting: possible

Check **gluteal bulk**: Ask them to pull shorts up as far as

possible

Functional (Standing) Tests:

Gait: Look from front and back

Squatting

Trendelen- Place thumbs on hips, look from the front, stand on 1

burg: foot for 10 sec

Testing the **abductors** on the leg that the patient is standing on

Position Change:

Ask patient to lie flat on the bed with 1 pillow underneath their head

Inspection (On bed)

Ideally should be exposed



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Not published yet.

Last updated 15th November, 2024.

Page 1 of 1.

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