

# Orthopedic Assessment: Special Tests of the Hip

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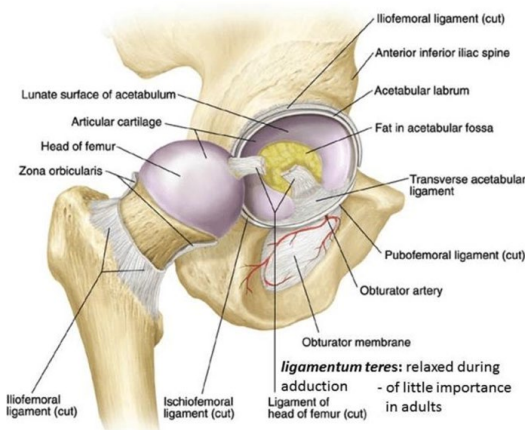
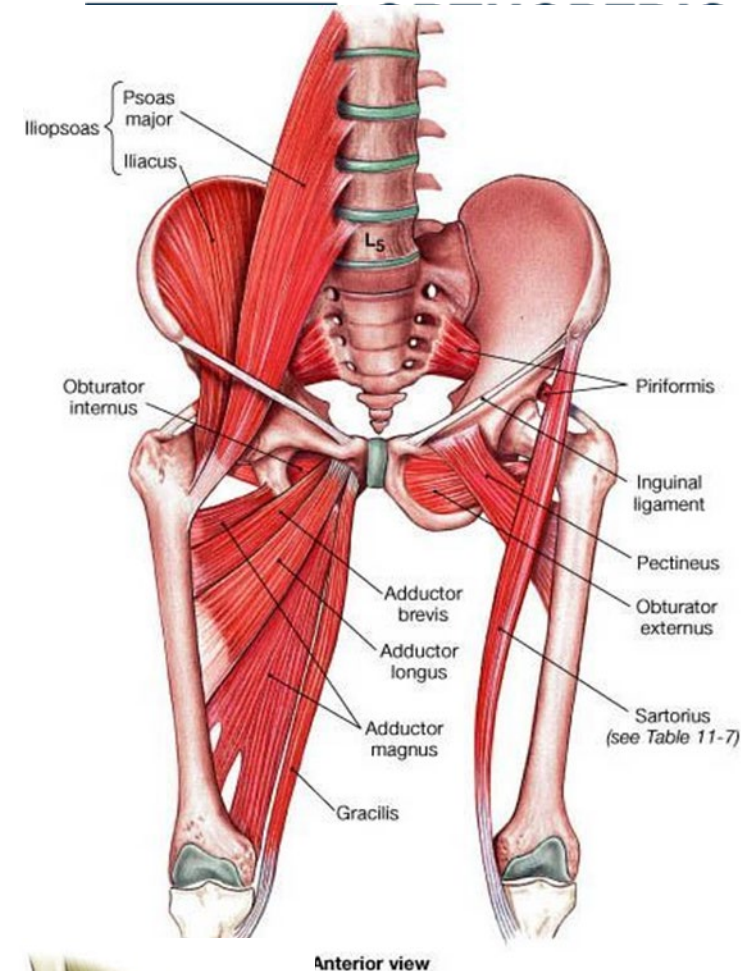
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# Disclosures

- 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

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