

BASIC FUNCTIONAL EXAMINATION: HIP

Note: This is provided as a reference tool for certification preparation. If you desire forms for clinical use, please contact OPTP at 800.367.7393 and ask about product #927CD or visit OPTP's website at www.optp.com and search for the product number.

TESTS IN STANDING

Forward flexion

...with cervical flexion (Neri)

Extension

Right sidebend

Left sidebend

Trendelenburg

TESTS IN SUPINE

SIJ provocation test

SLR

Passive hip flexion

Passive hip internal rotation

Passive hip external rotation

Passive hip abduction:

- knee extended
- knee flexed

Passive hip adduction

Resisted hip flexion

Resisted hip adduction:

- 0°
- 45°
- 90°

Resisted hip abduction

TESTS IN PRONE:

Passive hip extension

Passive bilateral internal rotation

Resisted hip extension

Resisted hip IR

Resisted hip ER

Resisted knee extension

Resisted knee flexion

EXTRA TESTS:

Femoral nerve stretch, L3

Labrum tests

Resisted abdominals

Iliopectineal bursa test

Active SLR (pelvic ring instability)

Fulcrum test

Gluteal bursa test