

Hip Flexor Strain Test

Name:	Age:	Date:
Physical Examination for Hip Flexor Strain		
<p>1. Inspect the hip and thigh area for swelling, bruising, or asymmetry.</p> <p>2. Gently palpate along the hip flexor muscles (iliopsoas and rectus femoris) to identify areas of tenderness.</p> <p>3. Ask the patient to flex the hip against resistance to assess pain and strength.</p> <p>4. Optional test: Thomas test. Use this test to assess for tightness in the hip flexors, which may be contributing to strain.</p> <ul style="list-style-type: none">• Patient lies on their back and pulls one knee to the chest.• Observe the position of the opposite leg. A positive test is indicated if the leg cannot remain flat on the table. <p>5. Do imaging tests if necessary, such as X-ray and MRI.</p>		
Findings		
Physical Examination		
Swelling	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Bruising	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Tenderness Location		
Pain on Hip Flexion	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Strength of Hip Flexion		
Thomas Test Result	<input type="checkbox"/> Performed	
	<input type="checkbox"/> Positive	<input type="checkbox"/> Negative

Imaging Tests

X-Ray Findings:

MRI Findings:

Healthcare Professional's Notes and Contact Information

Additional Notes or Reminders from the Healthcare Professional:

Name and Signature:

License Number:

Contact Number:

Email:

Healthcare Practice Name: