

Hip Flexor Strain Test

Patient information

Name:

Age:

Healthcare provider:

Date:

History:

Preliminary inspection

1. Inspect the hip and thigh area for swelling, bruising, or asymmetry.
2. Gently palpate along the hip flexor muscles (iliopsoas and rectus femoris) to identify areas of tenderness.

Observations:

Resisted hip flexion (manual muscle test)

1. Ask the patient to sit on a table, with their hands flat on the table at either side of their body. Do not allow them to grip the table. Their feet should not touch the floor.
2. Stand facing the patients affected hip. Place your hand on their side to stabilize over the ipsilateral iliac crest.
3. Instruct the patient to lift their affected leg.
4. Place your other hand over the anterior aspect of the distal thigh and apply resistance in the direction of hip extension (downwards). Instruct the patient to resist the force.
5. To meet normal muscle performance criteria (i.e. a negative result) the patient must maintain an end point range against maximum resistance, or a complete range of motion.



Resisted hip flexion (manual muscle test) results

Observations:

- ☐ Positive (Grade 0–4+)
- ☐ Negative (Grade 5)
- ☐ Inconclusive

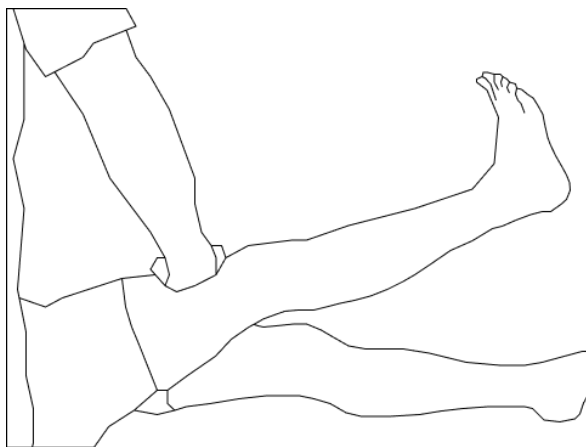
Resisted hip flexion test grading

Grade	Description
0	Contraction isn't visible or felt when palpated.
1	Contraction is visible or felt when palpated.
2-	Patient is tested in gravity eliminated position with partial AROM(active range of motion)*
2	Patient is tested in gravity eliminated position with full AROM.
2+	Patient is tested in gravity eliminated position with full AROM along with some resistance from therapist.
3-	Patient slowly comes out of testing position.
3	Patient can hold against gravity without resistance.
3+	Patient can hold against gravity with slight resistance (1-24% of the therapist's force).
4-	Patient can hold against gravity with slight to moderate resistance (25-49% of the therapist's force).
4	Patient can hold against gravity with moderate resistance (50-74% of the therapist's force).
4+	Patient can hold against gravity with moderate to strong (75-95% of the therapist's force).
5	NORMAL/NEGATIVE - Patient can hold against gravity with strong resistance (>95% of the therapist's force) or therapist was unable to break the patient out of the testing position.

*Note that the gravity eliminated position is a modified version of this manual muscle test. If the patient is unable to flex the hip in a seating position, their score will automatically be between 0-2+ and the examiner should complete the modified version.

Stinchfield test

1. Have the patient lie supine on the table. Have them lift their affected leg to 30-45 degrees. Ensure the leg remains straightened, and the hip internally rotated.
2. If this maneuver can be performed without pain, apply downward pressure in the direction of hip extension, instructing the patient to resist the force (attempt to maintain flexion).
3. Have the patient report the localization of pain (if present)



Stinchfield test results

☐ Assessed

☐ Not assessed

Observations:

Pain presence:

☐ Pain present

☐ Pain absent

☐ Inconclusive

Pain location:

☐ Lumbar spine

☐ Buttock

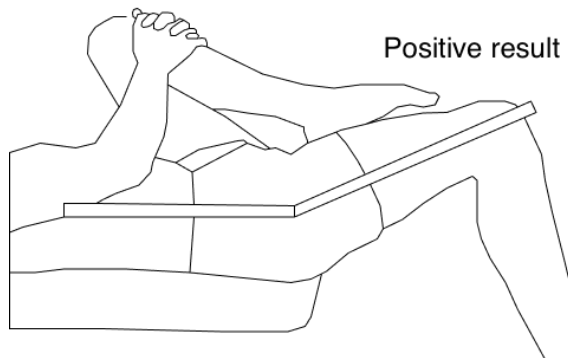
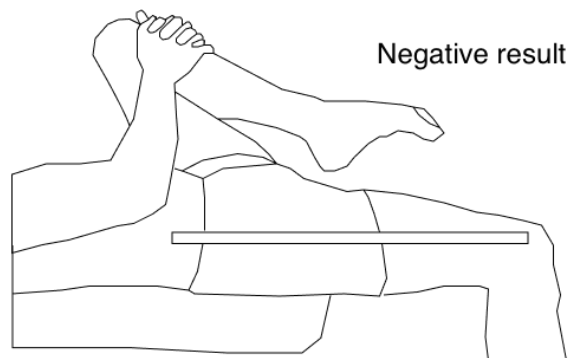
☐ Anterior thigh

☐ Groin

☐ Other:

Thomas test

1. Have the patient stand at the end of the table. Adjust the height of the table so their gluteal folds are on the edge. Instruct the patient to grasp the unaffected knee against the chest.
2. Place one hand on the patient's other knee and the other on their back to support them as they lower to lie supine on the table. The lower back and sacrum should be flat on the table.
3. Position the flexed non-test leg to 90 degrees. Instruct the patient to hold this leg to maintain this position.
4. While supporting the test leg, palpate the patient's ipsilateral ASIS. Apply posterior superior stabilization force to the ASIS to ensure the pelvis maintains a neutral position.
5. Slowly lower the leg to neutral, then instruct the patient to actively extend their leg to the end hip range of motion.



- **Positive result** - If the test leg cannot reach full extension with the pelvis in neutral position, this is a positive result. This indicates tightness in the hip flexors (see bottom image).
- **Negative result** - The test can fully extend with the pelvis in a neutral position. This indicates normal range of motion and flexibility in the hip flexors.

Thomas test results

☐ Assessed

☐ Not assessed

☐ Positive

☐ Negative

☐ Inconclusive

Imaging results

X-ray

- ☐ Assessed
- ☐ Not assessed

Observations:

MRI

- ☐ Assessed
- ☐ Not assessed

Observations:

Ultrasound

- ☐ Assessed
- ☐ Not assessed

Observations:

Diagnosis (if applicable, include hip flexor strain grade from 1-3)

Additional notes