

# Hip Impingement Physical Tests

Name:

Date:

## FADIR or Anterior Labral Tear Test (Flexion, Adduction, and Internal Rotation)

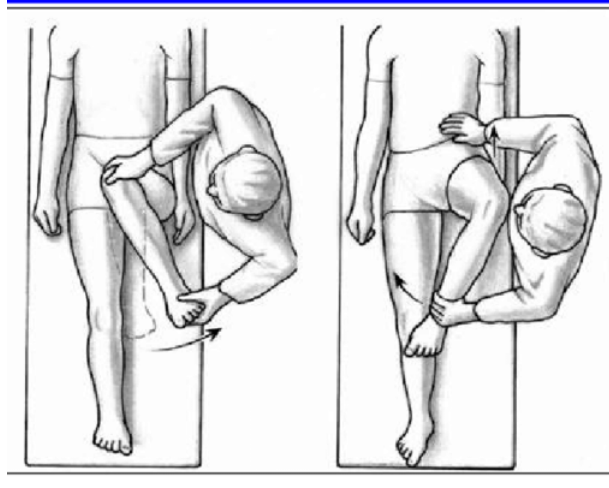


Fig. 3-Clinical tests to assess femoroacetabular impingement. Anterior impingement sign (left) is positive, with painful forced internal rotation in 90° of flexion. In extreme forms, there is unavoidable passive external rotation of hip during hip flexion ("Drehmann's" sign, center). "Posterior impingement" sign is positive when there is painful forced external rotation in maximal extension (right).

### Instructions:

1. Have the patient lie down or be in a supine position.
2. Gently flex the affected hip. It should be 90 degrees.
3. Slowly adduct the hip then internally rotate.

### Test Result:

#### (+) Positive test if:

- There's pain in the groin area.
- There's a limitation when flexing and internally rotating.

Patient's Result:  Positive  Negative

### Notes:

**FABER or Patrick Test**  
(Flexion, Abduction, and External Rotation)

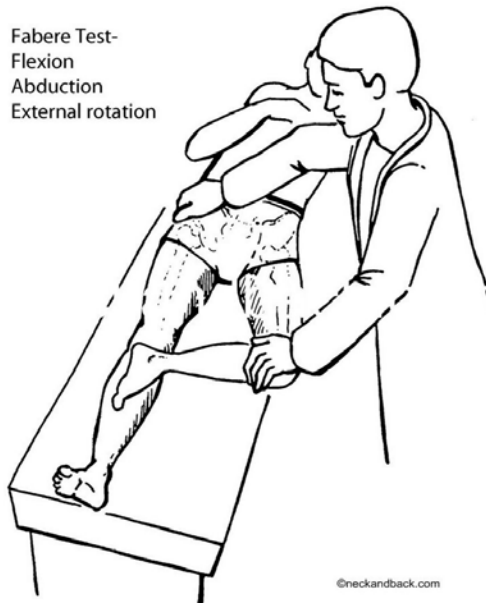


Illustration courtesy of [https://www.physio-pedia.com/FABER\\_Test](https://www.physio-pedia.com/FABER_Test)

**Instructions:**

1. Have the patient lie down or be in a supine position.
2. Create a “figure-4” position with the patient’s affected leg. Ensure that the ankle is placed on the opposite knee.
3. Gently push the knee of the patient’s affected towards the examining table. You may use one hand to do this while the other hand must be placed on the pelvis or opposite hip to prevent it from moving.

**Test Result:**

**(+) Positive test if:**

- There is pain in the groin or buttocks.

**Patient’s Result:**  Positive  Negative

**Notes:**

## IROP Test or Internal Rotation Overpressure Test



Image courtesy of <http://thepainsource.com/>, "the diagnostic validity of hip provocation maneuvers to detect intra-articular hip pathology"

### Instructions:

1. Have the patient lie down or be in a supine position.
2. Gently flex the affected hip. It should be 90 degrees.
3. Slowly adduct the hip then internally rotate.
4. Proceed to do step 3 several times with one hand on the knee of the patient's affected leg while the other is firmly placed on the opposite hip to prevent them from moving.

### Test Result:

#### (+) Positive test if:

- There's pain in the groin area.
- There's a limitation when flexing and internally rotating.

Patient's Result:  Positive  Negative

### Notes:

## Maximal Squat Test



Image by freepic.diller on Freepik

### Instructions:

1. Ask the patient to stand with their legs shoulder width apart and have their arms lifted to shoulder height. Palms must be facing each other.
2. Afterward, ask them to perform a deep squat. Keep an eye on them to ensure that they're following the proper squat technique.

### Test Result:

#### (+) Positive test if:

- There is pain in the groin or hip.

Patient's Result:  Positive  Negative

### Notes: