

Hip Mobility Test

Patient Information

Patient Name:

Date of Birth:

Date of Test:

Healthcare Professional Administering the Test:

Test

Instructions:

Perform each of the following movements and positions carefully and mindfully. Note any sensations or discomfort you may experience during the test. Be sure to warm up adequately before starting the test.

Seated Hip Flexion Test:

- Sit on the edge of a sturdy chair or bench with both feet flat on the ground.
- Keep your back straight and extend one leg out in front of you with the knee straight.
- Slowly lift the extended leg off the ground, attempting to bring the thigh parallel to the floor.
- Hold this position for a few seconds, then return to the starting position.
- Repeat on the other side.

Findings:

Lying Hip Flexion Test:

- Lie on your back on a flat surface with both legs extended.
- Bend one knee and hug it towards your chest, keeping the opposite leg straight on the ground.
- Hold this position for a few seconds, feeling a gentle stretch in the hip of the extended leg.
- Return to the starting position and repeat on the other side.

Findings:

Hip Internal Rotation Test:

- Lie on your back on a flat surface with both knees bent and feet flat on the ground.
- Allow one knee to fall towards the opposite side, attempting to touch the ground with the knee.
- Hold this position for a few seconds, feeling a stretch in the hip of the lifted leg.
- Return to the starting position and repeat on the other side.

Findings:

Hip External Rotation Test:

- Lie on your back on a flat surface with both knees bent and feet flat on the ground.
- Cross one ankle over the opposite knee, creating a figure-four shape with the legs.
- Allow the crossed knee to fall out to the side, feeling a stretch in the hip of the crossed leg.
- Hold this position for a few seconds, then return to the starting position and repeat on the other side.

Findings:

Standing Hip Abduction Test:

- Stand next to a sturdy support for balance, such as a wall or chair.
- Lift one leg out to the side as high as comfortably possible, keeping the knee straight.
- Hold this position for a few seconds, feeling a stretch in the hip of the lifted leg.
- Return to the starting position and repeat on the other side.

Findings:

Standing Hip Extension Test:

- Stand facing a sturdy support for balance, such as a wall or chair.
- Extend one leg behind you, keeping the knee straight and the toes pointing down towards the ground.
- Lean forward slightly, feeling a stretch in the front of the hip of the extended leg.
- Hold this position for a few seconds, then return to the starting position and repeat on the other side.

Findings:

Note

If you experience any pain or discomfort during the hip mobility test, stop immediately and consult with the administering medical professional or physical therapist before continuing.