

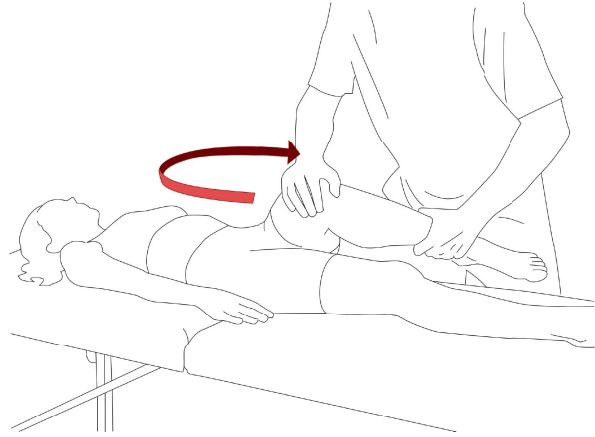
# Hip Quadrant Test

Patient's name: Marcus Reyes Age: 54 Gender: Male

Examiner: Amy Morales Date: Oct. 8, 2024

## Test procedures

1. The patient lies supine on an examination table, with the hip and knee of the affected leg flexed to 90 degrees.
2. Place one hand on the patient's knee and the other on the ankle.
3. Adduct the hip (move it towards the midline) while applying a compression force along the femur's axis, assessing for pain or resistance in this inner quadrant.
4. Move the hip into abduction (away from the midline) and external rotation, evaluating the outer quadrant for similar responses.
5. Throughout these movements, hold the femur midway between internal and external rotation, allowing for a smooth arc of motion at the hip joint.
6. While doing the movements, observe for signs of pain, discomfort, or resistance, which may indicate underlying issues such as labral tears or osteoarthritis



## Results and interpretation

- Negative:** The patient has full range of motion, moving smoothly from flexion to adduction and vice versa, the end feel is normal, and there is no reproduction of pain.
- Positive:** Examiner feels abnormalities in range of motion and during movement, and patient feels pain.

## Additional notes

The patient experienced discomfort and mild pain during hip adduction with compression, especially when testing the inner quadrant. The movement was less restricted during abduction, though minor resistance was noted. Given these findings, further imaging (MRI) may be necessary to rule out labral damage or early-stage osteoarthritis.

## References

Magee, D. J. (2014). *Orthopedic physical assessment (6th edition)*. Elsevier.

Narvani, A. A., Tsiridis, E., Kendall, S., Chaudhuri, R., & Thomas, P. (2003). A preliminary report on prevalence of acetabular labrum tears in sports patients with groin pain. *Knee Surgery, Sports Traumatology, Arthroscopy*, 11(6), 403–408. <https://doi.org/10.1007/s00167-003-0390-7>

[www.sportsinjuryclinic.net](https://www.sportsinjuryclinic.net). (2024, April 11). Hip quadrant test. YouTube. <https://www.youtube.com/watch?v=ogWrH5DwEOw>