

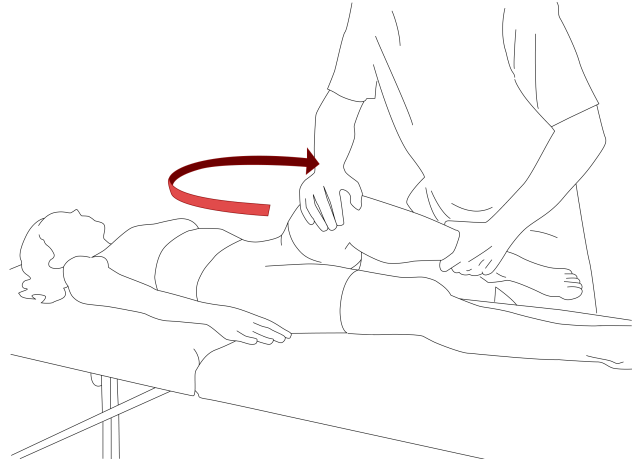
Hip Quadrant Test

Patient's name: _____ Age: _____ Gender: _____

Examiner: _____ Date: _____

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

References

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

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