

Hip Scour Test

Date: _____ Name: _____ Age: _____

Symptoms/concerns (if needed):

Relevant medical history or information (if needed):

The Hip Scour Test is a physical examination technique used to assess the hip joint's range of motion and stability. It involves moving the hip joint through a range of motion while applying downward pressure on the hip joint to detect any pain, clicking, or catching sensation.

Equipment needed

Examination table

Instructions

1. Have the patient lie down on their back on the examination table, with their legs straight out in front of them.
2. Ask the patient to bend one leg at the knee and bring the foot towards the buttock, keeping the other leg straight.
3. Place one hand on the patient's knee and the other hand on the ankle, stabilizing the leg to prevent it from moving too much.
4. Gently rotate the hip joint, moving the patient's bent knee in a circular motion. Start with small movements and gradually increase the range of motion.
5. Apply downward pressure on the patient's knee as you rotate the hip, pushing down gently to create a "scouring" motion.
6. Repeat the test on the other side.
7. Observe the patient's reactions throughout the test, noting any pain, clicking, or catching sensation.

Reminders

- Be gentle when performing the test, and do not force the joint beyond its natural range of motion.
- If the patient experiences pain during the test, stop immediately and re-evaluate the joint before proceeding.
- The Hip Scour Test should be performed in conjunction with other clinical and imaging tests to arrive at an accurate diagnosis.
- Document the results of the test on this template or the patient's medical record, along with any other relevant findings.

Results

Positive: Indicates that the hip flexors are weak and unable to generate enough force. This could be from a lack of strength or mobility or an underlying injury. A positive result is present if the patient feels any pain.

Degree of flexion that symptoms are reproduced:

Negative: Indicates that the hip flexors are strong and capable of generating enough to perform activities. A negative result is due to flexion-adduction to flexion-abduction in an arch, with a normal ROM (range of motion) and a normal feeling.

Additional notes