

## HIP WORKSHEET

Record your findings. Circle the findings that fall outside of normal parameters.

			ACTIVE RANGE OF MOTION	
			LEFT	RIGHT
	ACTIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
1.	<b>FLEXION OF THE HIP (with knee flexed)</b> Psoas Iliacus Rectus femoris Pectineus Anterior gluteus medius Anterior adductor magnus Tensor fasciae latae Sartorius Adductor longus Adductor brevis	110°-120°		
		PAINLESS		
2.	<b>EXTENSION OF THE HIP (with knee extended)</b> Semimembranosus Semitendinosus Biceps femoris Gluteus maximus Posterior gluteus medius Posterior adductor magnus	10°-15°		
		PAINLESS		
3.	<b>ABDUCTION OF THE HIP</b> Gluteus medius Gluteus minimus Tensor fasciae latae Sartorius Piriformis	30°-50°		
		PAINLESS		
4.	<b>ADDUCTION OF THE HIP</b> Gracilis Adductor longus Adductor brevis Adductor magnus Pectineus Quadratus femoris	30°		
		PAINLESS		

			ACTIVE RANGE OF MOTION	
			LEFT	RIGHT
	ACTIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
5.	<b>MEDIAL ROTATION OF THE HIP</b> Anterior gluteus medius Gluteus minimus Tensor fasciae latae Posterior adductor magnus Semitendinosus Semimembranosus	30°-40°		
		PAINLESS		
6.	<b>LATERAL ROTATION OF THE HIP</b> Gluteus maximus Posterior gluteus medius Piriformis Gemelli Obturators Quadratus femoris Biceps femoris Anterior adductor magnus Sartorius	40°-60°		
		PAINLESS		

			PASSIVE RANGE OF MOTION	
	PASSIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
7.	<b>FLEXION OF THE HIP (with knee flexed)</b> <i>Limitation may be due to shortness in:</i> Gluteus maximus Posterior gluteus medius Posterior adductor magnus Piriformis	110°-120°		
		TISSUE STRETCH/ APPROXIMATION		
		PAINLESS		
8.	<b>EXTENSION OF THE HIP (with knee extended)</b> <i>Limitation may be due to shortness in:</i> Psoas, Iliacus Rectus femoris, Pectineus Anterior gluteus medius Anterior adductor magnus Tensor fasciae latae Sartorius	10°-15°		
		TISSUE STRETCH		
		PAINLESS		

			PASSIVE RANGE OF MOTION	
			LEFT	RIGHT
	PASSIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
9.	<b>ABDUCTION OF THE HIP</b> <i>Limitation may be due to shortness in:</i> Gracilis Adductor longus Adductor brevis Adductor magnus Pectineus Quadratus femoris	30°-50°		
		TISSUE STRETCH		
		PAINLESS		
10.	<b>ADDUCTION OF THE HIP</b> <i>Limitation may be due to shortness in:</i> Gluteus medius Gluteus minimus Tensor fasciae latae Sartorius Piriformis	30°		
		TISSUE STRETCH/ APPROXIMATION		
		PAINLESS		
11.	<b>MEDIAL ROTATION OF THE HIP</b> <i>Limitation may be due to shortness in:</i> Gluteus maximus Posterior gluteus medius Piriformis Gemelli Obturator Quadratus femoris Biceps femoris Anterior adductor longus	30°-40°		
		TISSUE STRETCH		
		PAINLESS		
12.	<b>LATERAL ROTATION OF THE HIP</b> <i>Limitation may be due to shortness in:</i> Anterior gluteus medius Gluteus minimus Tensor fasciae latae Posterior adductor magnus Semitendinosus Semimembranosus	40°-60°		
		TISSUE STRETCH		
		PAINLESS		

THOMAS TEST				
		NORMAL	FINDINGS	
			LEFT	RIGHT
13.	<b>RECTUS FEMORIS</b>	The normal length of rectus femoris allows the client's hip to extend so that their femur is parallel to the plane of the table or 10° below. It should also permit 80°-90° of knee flexion.		
14.	<b>ILIOPSOAS</b>	The normal length of iliopsoas allows the client's hip to extend so that their femur is parallel to the plane of the table or 10° below.		
15.	<b>TFL/ITB</b>	The hip joint is neutral with respect to abduction, adduction and rotation.		
16.	<b>SARTORIUS</b>	The hip joint is neutral with respect to abduction, adduction and rotation.		

MUSCLE LENGTH TESTS		NORMAL	LEFT	RIGHT
17.	<b>RECTUS FEMORIS</b> <b>Ely's Test</b> hip neutral flex knee	<b>150°-160°</b> OF KNEE FLEXION		
		<b>APPROXIMATION</b>		
		<b>PAINLESS</b>		
18.	<b>TENSOR FASCIAE LATAE (TFL)</b> <b>Ober's Test</b> extend hip extend knee adduct hip	<b>10°</b> OF HIP ADDUCTION		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		

MUSCLE LENGTH TESTS		NORMAL	LEFT	RIGHT
19.	<b>GRACILIS &amp; MEDIAL HAMSTRINGS</b> extend knee abduct hip	<b>30°-50°</b> OF HIP ABDUCTION		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		
20.	<b>PECTINEUS, ADDUCTOR LONGUS, ADDUCTOR MAGNUS &amp; ADDUCTOR BREVIS</b> abduct hip flex knee	<b>30°-50°</b> OF HIP ABDUCTION		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		
21.	<b>SEMIMEMBRANOSUS, SEMITENDINOSUS &amp; BICEPS FEMORIS</b> extend knee flex hip	<b>80°-90°</b> OF HIP FLEXION		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		
22.	<b>SEMIMEMBRANOSUS &amp; SEMITENDINOSUS</b> extend knee laterally rotate hip flex hip	<b>80°-90°</b> OF HIP FLEXION		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		
23.	<b>BICEPS FEMORIS</b> extend knee medially rotate hip flex hip	<b>80°-90°</b> OF HIP FLEXION		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		
24.	<b>GLUTEUS MAXIMUS</b> <b>The Sign of the Buttock</b> flex knee flex hip	<b>110°-120°</b> OF HIP FLEXION		
		<b>TISSUE STRETCH/ APPROXIMATION</b>		
		<b>PAINLESS</b>		