



Hip Joint Orthopaedic Tests

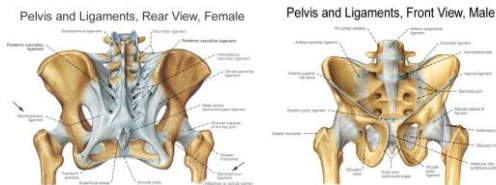
Orthopedics DX 611



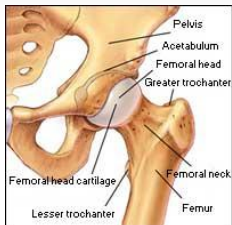
James J. Lehman, DC, MBA, DABCO
University of Bridgeport College of Chiropractic



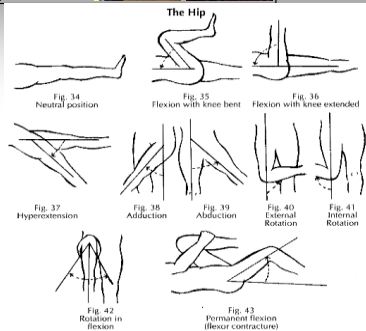
Hip Anatomy



Palpation



- Point tenderness
- Edema
- Symmetry



Hip Contracture Tests

Thomas Test



- Supine passive hip flexion
- Contralateral hip and knee flexion indicates a positive test for hip contracture
- Evaluate rectus femoris tightness

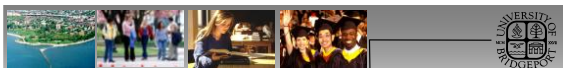


Hip Contracture Tests

Rectus Femoris Contracture Test



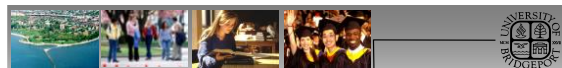
- Involuntary extension of flexed knee with tightness in rectus femoris indicates a hip flexion contracture



Hip Contracture Tests Piriformis Test

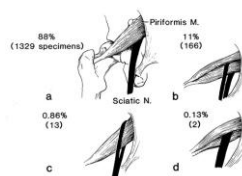


- Piriformis pain with resisted abduction of hip indicates tight piriformis
- Sciatic pain indicates nerve compression

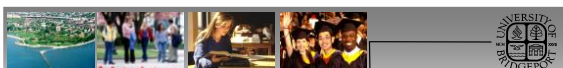


Piriformis Syndrome

Relation of Sciatic Nerve to Piriformis Muscle
In 1510 Extremities Studied



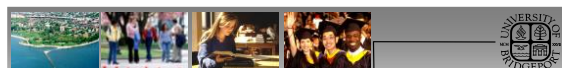
- Palpation of piriformis may produce local and/or sciatic distribution pain
- Palpation at spinal nerve root may be negative for pain



Hip Contracture Tests Ely's Heel to Buttocks



- Prone heel to buttocks
- Ipsilateral pelvis rising from table indicates hip flexion contracture or tight rectus femoris



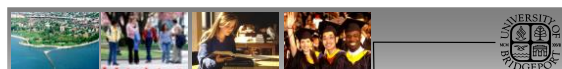
Hip Contracture Tests Ober's Test for TFL or ITB



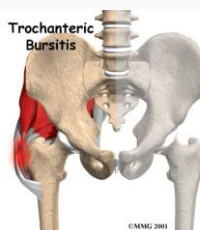
Ober's Test



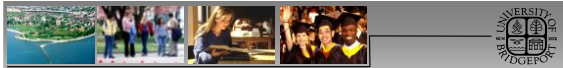
- Failure to descend smoothly indicates a positive test for contracture of the TFL or ITB.



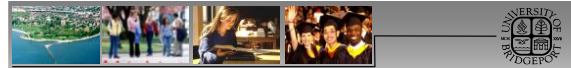
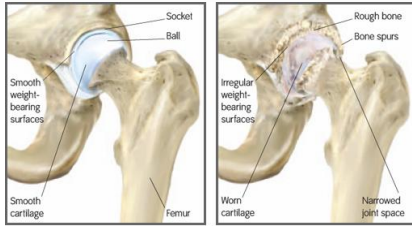
Trochanteric Bursitis



- Palpation
- Patrick's
- Positive finger point
- Laguerre's



Degenerative Hip Disease

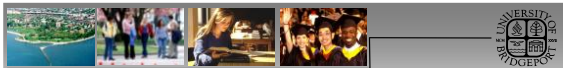


Degenerative Hip Disease



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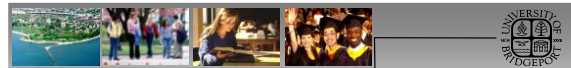
- Patrick's
- Trendelenburg's
- Scouring's
- Laguerre's
- Difficult to palpate



Patrick's Test FABERE & Figure of 4



- Flexion
- Abduction
- External rotation

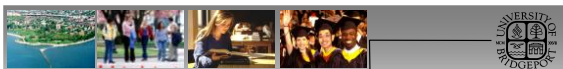


Patrick's Test



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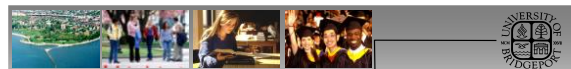
- Compresses femoral head into acetabulum
- Positive test with pain in hip, which indicates an inflammatory process



Trendelenburg's Test



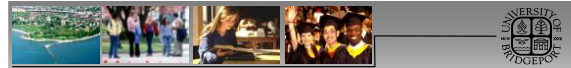
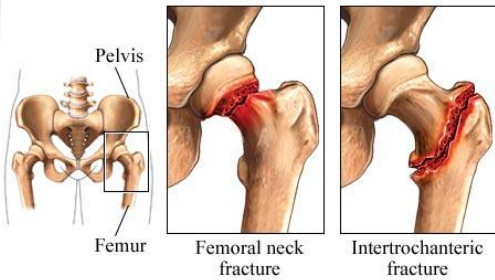
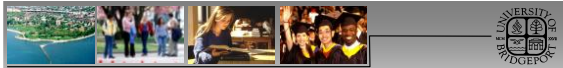
- Standing flexion of hip
- Downgoing of contralateral hip is a positive test
- Indicates contralateral gluteal motor weakness and/or hip pathology



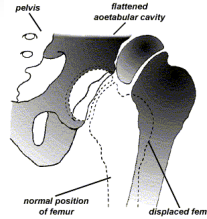
Anvil Test



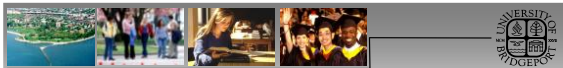
- Percussion of calcaneus compresses hip joint
- Positive test with pain, which indicates fracture or hip pathology



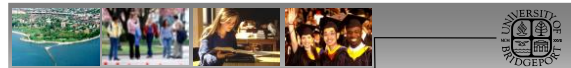
Congenital Hip Dysplasia



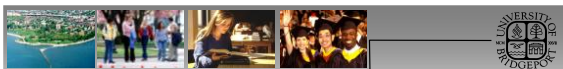
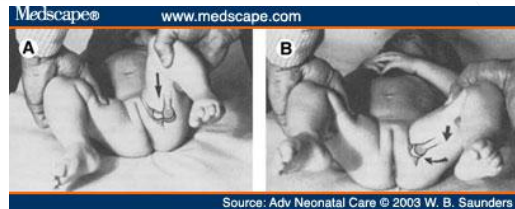
- Flattened acetabular cavity permits dislocation or subluxation of the femur head.



Congenital Hip Dysplasia

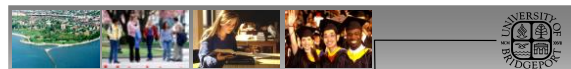


Barlow's and Ortolani's Maneuvers



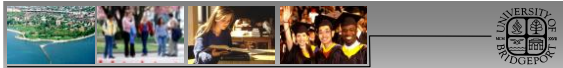
Barlow's Test

- Identifies unstable hip that lies in the reduced position but can be passively dislocated (and hence unstable)
- Less than 2% of infants will have a positive Barlow test
- 90% will normalize with no treatment after 9 weeks



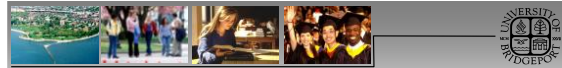
Barlow's Test Procedure

- Hips are examined one at a time
- Hip flexed & thigh adducted, while pushing posteriorly in line of the shaft of femur, causing femoral head to dislocate posteriorly from acetabulum
- Dislocation is palpable as femoral head slips out of acetabulum
- Diagnosis is confirmed with Ortolani's test



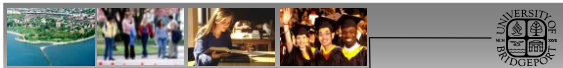
Ortolani Test

- Identifies dislocated hip that can be reduced in early weeks of life
- A positive test requires active treatment
- If hip remains dislocated (for weeks), limitation of abduction becomes more consistent clinical finding

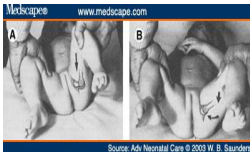


Procedure

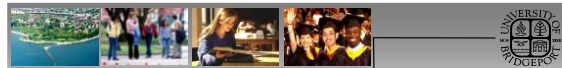
- Examine one hip at a time
- Flex infant's hips & knees to 90 degrees
- Thigh is gently abducted & bringing femoral head from its dislocated posterior position to opposite the acetabulum, hence reducing femoral head into acetabulum



Positive Ortolani Test



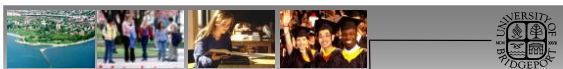
- Palpable & audible clunk as hip reduces



Ortolani Test



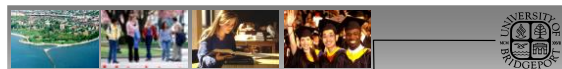
- With time, it becomes more difficult to reduce femoral head into acetabulum, and the Ortolani test becomes negative



Pavlik Harness



- An infant with DDH and a negative Ortolani sign would **not** be a good candidate for a Pavlik harness

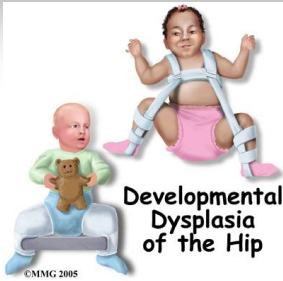


Congenital Hip Dysplasia DDH



Galeazzi Test
Difference in knee height

- Also known as Allis' test
- It is not used to evaluate functional leg length deficiency



**Developmental
Dysplasia
of the Hip**

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End of Hip Orthopaedic Tests



- Adios amigos...