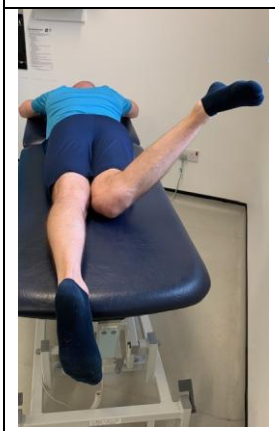
HIP Assessment Sheet NHSGGC MSK Physiotherapy

This document can help the physiotherapist to assess your hip via telephone. It is not a list of exercises. The physiotherapist may not need you to try all of these movements. Wait until you have discussed with your physiotherapist the movements they would like to assess.

1-5. To assess the amount of movement or stretch you have.

	**1.** HIP flexion: in lying. Lying on your back Hug your knee up towards your chest (as shown in picture) keeping the other leg close to the surface you are lying on
	**2.** HIP rotation (outward): in lying. Lying on your back Put the foot of one leg onto the knee of the opposite leg Let your upper leg roll out to the side (as shown in picture) If you are able, help push the knee down further with your hand
	**3.** HIP combined movement: in lying. Lying on your back Hug your knee up towards your chest keeping the other leg close to the surface you are lying on Then bring the knee of the bent leg towards the opposite shoulder (as shown in picture)
	**4.** HIP rotation (inwards): in lying. Lying on your front Bend up one knee Keeping your thighs close together and your pelvis flat, let the foot drop out to the side (as shown in picture)

	**5.** HIP flexor stretch: in lying. To assess the stretch on the muscles at the front of your hip Lying on your back with your legs over the end of a bed (as shown in first picture) Hug one knee toward your chest while trying to keep the other leg as close to the bed as possible (as shown in picture 2)

6- 14 To assess your control or strength of the muscles in the hip and leg.

	**6.** HIP extension: in lying. Lying on your front Bend your knee (as shown in the first picture) Lift your leg up towards the ceiling (as shown second picture) keeping your other leg and pelvis against the surface you are lying on.
	**7.** HIP abduction: in side-lying. Lying on your side with your bottom leg bent up for stability (as shown in first picture) Lift your uppermost leg directly up to the ceiling (as shown in second picture). Make sure your toes continue to point directly forwards and that your pelvis stays in the same position throughout the movement
	**8.** HIP flexion: in lying. Lying on your back Bend up your knee (as shown in first picture) Using your own hand for resistance push up towards your head in the direction shown to activate the muscles around your hip (as shown in second picture)

 	**9.** HIP Bridging: in lying Lying on your back with your knees bent up and your arms at your side (as shown first picture) Try to lift your buttocks of the surface you are lying on (as shown in second picture); try to reach a position where your body is like a straight line from shoulder to knee
	**10.** HIP adduction: in sitting. Sitting Use a ball or cushion as shown Squeeze the ball between your legs using your inner thigh muscles (as shown in picture)
	**11.** HIP abduction: in standing. In standing- with support for your balance Lift one foot out to the side (as shown in picture) keeping your foot pointing directly forwards
	**12.** HIP flexion: in standing. In standing- with support for your balance Bend up one leg at the hip and knee (as shown in picture) Try to keep an upright back posture while doing this to show how well you are moving from your hip

	**13.** Single leg stand: this tests your balance and the way your muscles work in your leg and trunk, including your hip Stand close to a support or holding on lightly if you need to Try to lift the foot of one leg off the ground and maintain your balance and an upright posture through your body (as shown in picture)
	**14.** Sit-to-stand: this tests your general strength through your legs and trunk including the muscles around your hip Sitting in a standard height chair If you are able to stand without using your arms try to put your hands on your hips or across your chest (as shown in first picture) Stand (as shown in second picture) Then return to sitting in a controlled movement