

# **DISCLAIMER**

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# Patient with Hip Pain

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# HX: Hip Pain

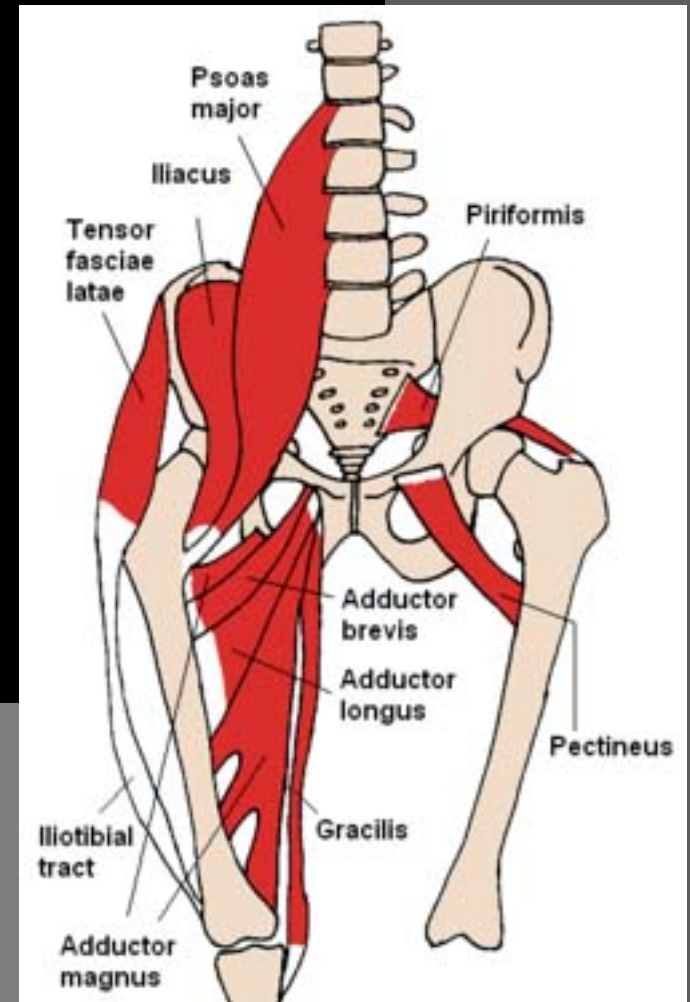
Inquire directly:

- Trauma
- Excessive physical activity
- Involvement of other joints
- Morning stiffness
- Relation of pain to activity
- Response to rest
- Steroid or Alcohol use
- Past history of falls, hip surgery, replacement, cancer, etc.



# HX: Important Notes

- Examine sources of referred pain.
- Stiffness could be a degenerative disease.
- Cramping may be a result of vascular deficiency, or spinal stenosis.
- Absence of fever does NOT rule out an infected hip prosthesis.



# Physical Examination

- ⦿ Examine temperature, shoulder ROM (pain), spine, SI joints, abdomen, and pulses (diminished).
- ⦿ Examine hip for inflammation, flexion and adduction contractures, and fixed external rotation.
- ⦿ Palpate joint and areas associated with the joint.

# PEx: Continued

- ⦿ Put hip through full ROM passively.
- ⦿ Take note on abnormalities

## Normal ROM for hip

- ⦿ Flexion/Extension(straight leg): -20 to 90 degrees
- ⦿ Internal/External Rotation: -50 to 50 degrees