

## OSCE Checklist: Examination of the Hip Joint

| <b>Introduction</b>   |  |
|---|--|
| Introduce yourself  |  |
| Wash hands  |  |
| Briefly explain to the patient what the examination involves  |  |
| Ask the patient remove their bottom clothing, exposing the hip  |  |
| <b>Inspection</b>   |  |
| Patient gait  |  |
| Muscle bulk (whilst standing)   |  |
| Ask the patient to lie supine on the bed  |  |
| Assess for: <ul style="list-style-type: none"> <li>- Scars</li> <li>- Symmetry</li> <li>- Swellings</li> <li>- Skin changes</li> </ul>  |  |
| Measure leg length  |  |
| <b>Palpate</b>  |  |
| Temperature   |  |
| <ul style="list-style-type: none"> <li>- Hip capsule anteriorly</li> <li>- ASIS</li> <li>- Greater trochanter</li> </ul>  |  |
| <b>Movement</b>   |  |
| Check passive movements: <ul style="list-style-type: none"> <li>- Abduction and adduction</li> <li>- Flexion and extension</li> <li>- Medial and lateral rotation</li> </ul>  |  |
| <b>Special tests</b>  |  |
| Thomas' test  |  |
| Trendelenburg test  |  |
| <b>Completing the examination</b>   |  |
| Thank the patient and allow them to redress   |  |
| To complete the examination: <ul style="list-style-type: none"> <li>- Examine the lumbar spine and knee joints</li> <li>- Examine the contralateral hip</li> <li>- Review any relevant imaging available</li> </ul> |  |