

Hip Range of Motion Test

Name: _____ Age: _____
Examiner: _____ Date: _____

Hip Range of Motion Test (Active)

1. Position the patient supine on the examination table, ensuring their comfort and relaxation.
2. To assess flexion, instruct the patient to bring their knee as close to their chest as possible.
3. For evaluating active range of motion in adduction, assist the patient in lifting one leg while asking them to cross the other leg underneath it.
4. For active abduction, have the patient lift their leg as high off the bench as they can.
5. To assess internal and external rotation, first ask the patient to flex their hip to approximately 90°.
6. For internal rotation, instruct the patient to move their heel outward as far as possible. For external rotation, have them move their heel inward as far as they can.
7. Finally, for extension, direct the patient to lift their leg off the table.

Performed? ☐ Yes ☐ No

Test results		
Movement	Range of motion	Normative range of motion
Flexion	°	110° – 120°
Extension	°	10° – 15°
Internal rotation	°	30 – 40°
External rotation	°	40 – 60°
Abduction	°	30°
Adduction	°	30° – 50°
Additional notes		

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