

Hip Pain Reference Guide

History	Physical Exam	Imaging	Differential Diagnosis by Anatomic Location	Management	When to Refer
<ul style="list-style-type: none"> • Age • Acute or chronic pain (C-sign) • Duration/frequency • Sport/ Mechanism • Pop/Tear • Swelling (Rapid?) • ROM deficit • Instability • Weight-bearing immediately • Location of Pain • Mechanical symptoms • Attempted treatment (RICE?) • Hx of Perthes or SCFE? 	<p>Inspection</p> <ul style="list-style-type: none"> • Joint Effusion, ecchymosis • Skin integrity- abrasion/laceration etc • Alignment – (anteversion, retroversion, leg length discrepancy) • Gait/ability to bear weight (Walking, running, squatting, etc) • Positioning (How is patient sitting?) <p>ROM</p> <ul style="list-style-type: none"> • Extension/Flexion, IR/ER, ADD/ABD <p>Palpation</p> <ul style="list-style-type: none"> • Hip Flexors (Iliopsoas, Rectus Femoris and Sartorius) • Iliac Crest • ASIS, AHS • Greater Trochanter • Iliotibial Band • Abductors (Gluteus Medius and Minimus) <p>•Special Maneuvers</p> <ul style="list-style-type: none"> • Impingement Test • MMT • Log Roll Test • Ober’s Test <p>Neurological exam</p> <ul style="list-style-type: none"> • L1-L4 nerve roots • Femoral Nerve • Obturator Nerve • Saphenous Nerve <p>Adjacent Joints – Never neglect a hip assessment with reported knee pain or thigh pain.</p>	<p>Radiograph Indications</p> <ul style="list-style-type: none"> • Deformity, acute effusion, not weight bearing, instability, tender physis, chronic pain not improving, suspected leg length discrepancy • AP, Lateral, Dunn Lateral <p>MRI Indications</p> <ul style="list-style-type: none"> • Radiographs fail to clarify the problem (consider with effusion) • To confirm your clinical suspicion (To answer a specific clinical question -Is there a labral tear?) • Pain failing conservative care • Planning for surgery <p>*MRI’s should be ordered with arthrogram</p>	<p>Diffuse/Global Pain</p> <ul style="list-style-type: none"> • Fracture, acute trauma, SCFE (10-14 years old), Synovitis <p>Anterior Hip Pain</p> <ul style="list-style-type: none"> • Hip Flexor Strain • Apophysitis • FAI • Perthes (< 8 years old) <p>Lateral Hip Pain</p> <ul style="list-style-type: none"> • IT Band Syndrome • Hip Abductor Strain • Trochanteric Bursitis • TFL tightness • Snapping Hip <p>Groin Pain</p> <ul style="list-style-type: none"> • Possible Labral Tear • Sports Hernia • Perthes (<8 years old) <p>Posterior Hip Pain</p> <ul style="list-style-type: none"> • Extra-Articular condition • Ischial Bursitis • SI Joint • Piriformis Tendinitis 	<p>R-Rest I-Ice C-Compression E-Elevation</p> <ul style="list-style-type: none"> • Pain Control • Crutches • Rehabilitation (Core/hip strengthening) avoid FADIR • Dry Needling 	<ul style="list-style-type: none"> • Failure to improve with conservative care • Instability • Potential surgical conditions (suspected FAI, Labrum tear) • Physis Injury • Parental Concern • Return to play concerns