**Anterior Hip Pain Algorithm**

This document is intended for use by primary care providers to help guide therapy for hip pain.

**Goal:**
Improve hip pain that inhibits completion of military physical requirements

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**Are any of the following issues (red flags) present?**

- Brief history (current problem, previous injuries and treatments, especially surgical intervention or injury to affected area)
- Was there an acute/traumatic incident that the onset of pain can be attributed to?
- Is there any systemic process (i.e., rheumatologic or metabolic) that could be causing symptoms?
- Is the location of the pain described as “deep” or located in the groin?

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**Begin limited physical exam**

**Grossly abnormal appearance?** (Visually inspect the area of pain; patient must be in shorts to evaluate the entire lower extremity)

**Painful Hip Internal Rotation** *(See flip side for test description)*

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At this step there is a low likelihood that the cause of pain is from anything that would require diagnostic imaging, specific medication, or surgical intervention. It is likely safe to proceed with general rehabilitation for hip pain.
Directions for Special Tests

**Hip Range of Motion Screen (painful Hip Internal Rotation)**

- Patient is lying face up on the table.
- Grasp the ankle of the affected leg and turn the foot inward (hip internal rotation).

Positive test is when there is pain with internal rotation of the hip.

**Additional Options**

1. For examples of how to perform a detailed hip examination go to:
   
   http://www.aafp.org/afp/2014/0101/p27.html
   
   or

2. Consider referral to specialty care (Physical Therapy, Primary Care Sports Medicine, Orthopedic Surgery).

**Note:** The Sports Medicine Experts at the Consortium for Health and Military Performance (CHAMP) can answer specific questions you may have through the online “Ask the Expert” feature on the Human Performance Resource Center (HPRC) website (http://hprc-online.org/ask-the-expert). HPRC is the educational arm of CHAMP located at the Uniformed Services University of the Health Sciences.