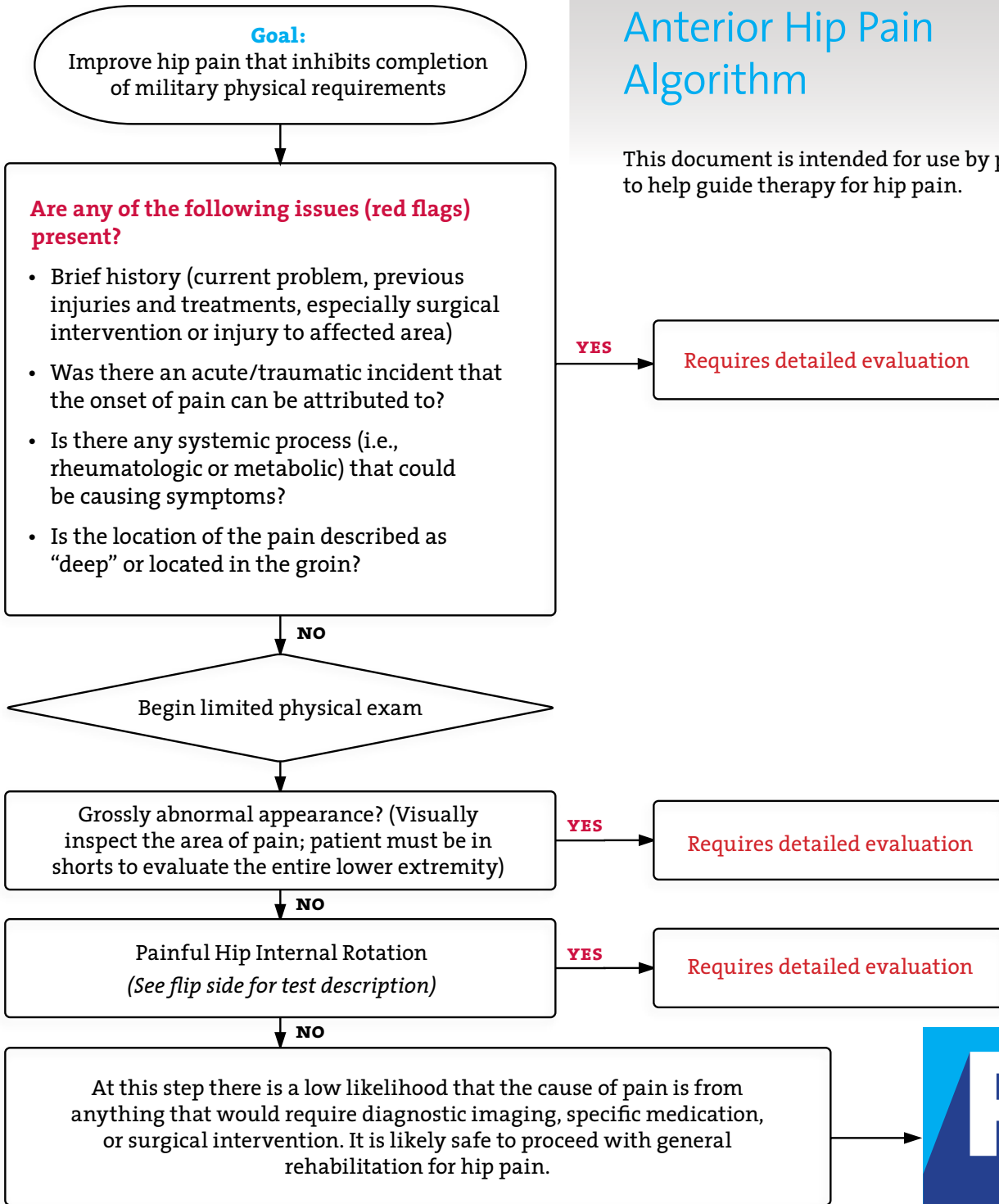




# FOR THE PROVIDER: DIAGNOSTIC ALGORITHM

## Anterior Hip Pain Algorithm

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

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**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.

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