

# Assessment of adult patients with hip pathology

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# History

With a thorough history, you are 60% closer to making a diagnosis.

# Patient

- Age
- Sex
- Occupation
- Race / Ethnic origin

# Symptoms

- Pain
  - severity
  - character
  - site & radiation
  - aggravation
  - relief
  - referred
  - Sleep disturbance
- Stiffness
  - after rest
  - after activity
  - constant
- Limping
- Snapping or clicking
- Instability
- Deformity
  - fixed
  - correctable
- Function
  - walking
  - occupation
  - inconvenient
  - incapacity

- Duration
- Mode of onset
  - sudden / gradual
  - spontaneous / following an incident
- History of presenting symptoms

# History (Contd.)

- Past medical / surgical
- Family history
- Personal history
- Social
  - level of support
  - impact of disability

# Examination

## **General**

- Height
- Weight / BMI
- Appearance
- Face
- Hands

## **Local**

- Look
- Feel
- Move

# Examination

## Look

Gait  
Alignment /  
Deformity  
Swelling  
Wasting  
Skin  
Walking aids  
Shoes / braces / splints

## Feel

Temperature  
Tenderness

## Move

ROM  
Active & Passive

## Measure

Leg length  
True  
Apparent

## **Special tests**

- Trendelenburg
- Thomas's
- Galeazzi
- Bryant's
- FAI (FADIR, FABER)
- Ober's

- **Examination of spine**
- **Neurovascular status of the limb**

# A method of examination

- Patient standing
- Patient sitting
- Patient lying
  - supine
  - on the side
  - prone

# Examination

- **Do's**

Be courteous

Privacy and dignity

Use Chaperone (where appropriate)

Have a routine

Practise, practise, Practise

- **Don'ts**

Be abrupt or rude

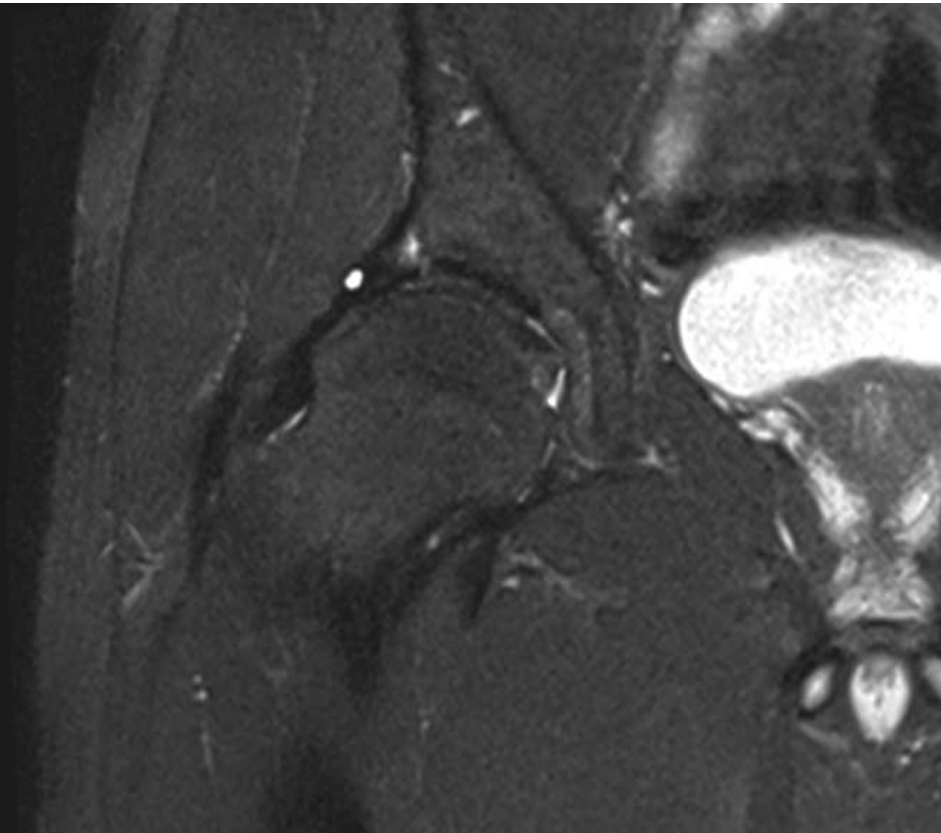
Hurt your patient

Dislocate a THR

# Investigations

- Radiographs
  - 2 planes
  - relevant joint and related areas
- Special investigations
  - Ultrasound / MRI / CT / Bone scan
- Other tests
  - Diagnostic injection
  - Aspiration
  - Biopsy
  - Microbiology
  - Blood tests for infection, co-morbidities or tumour markers









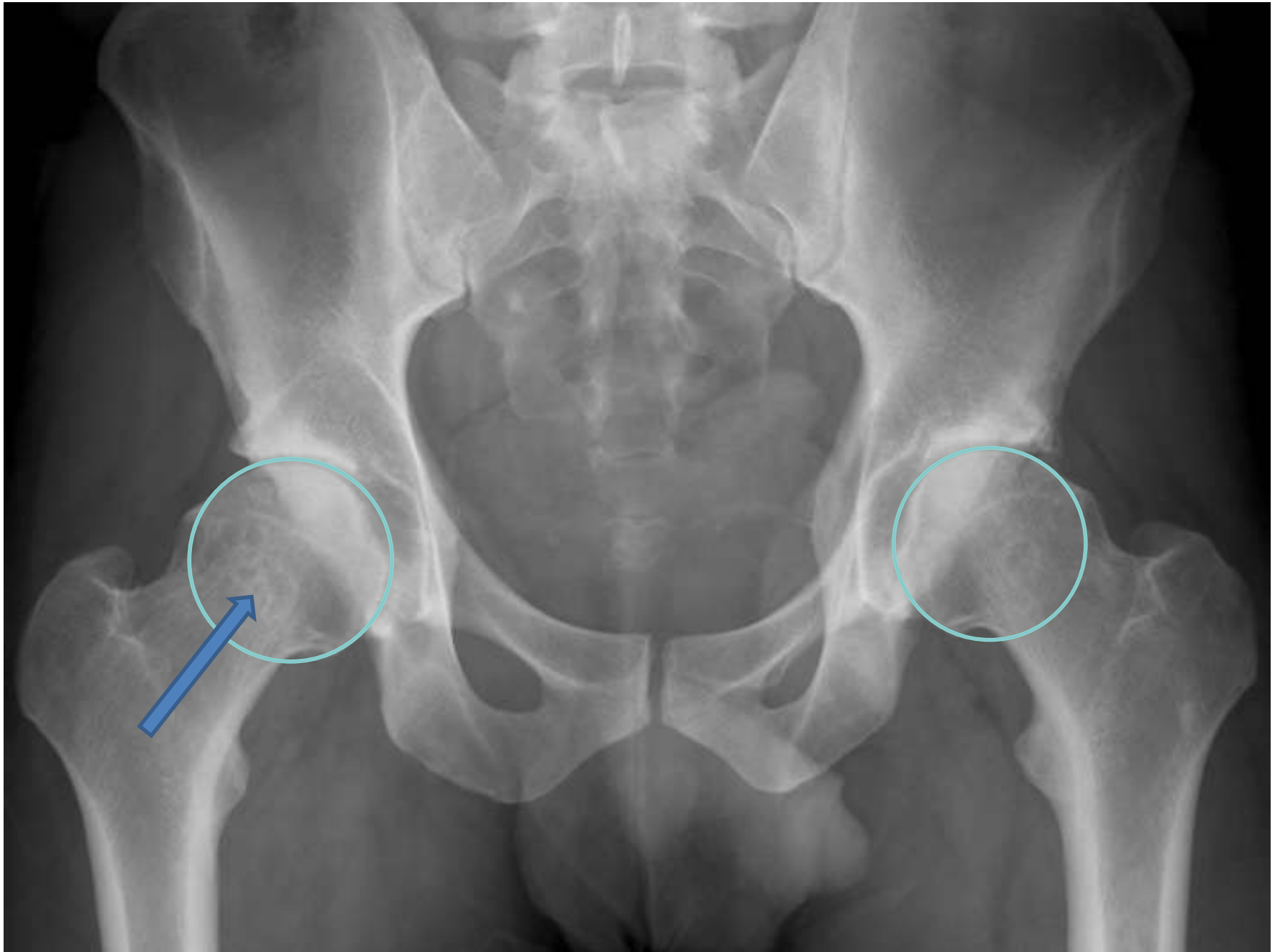
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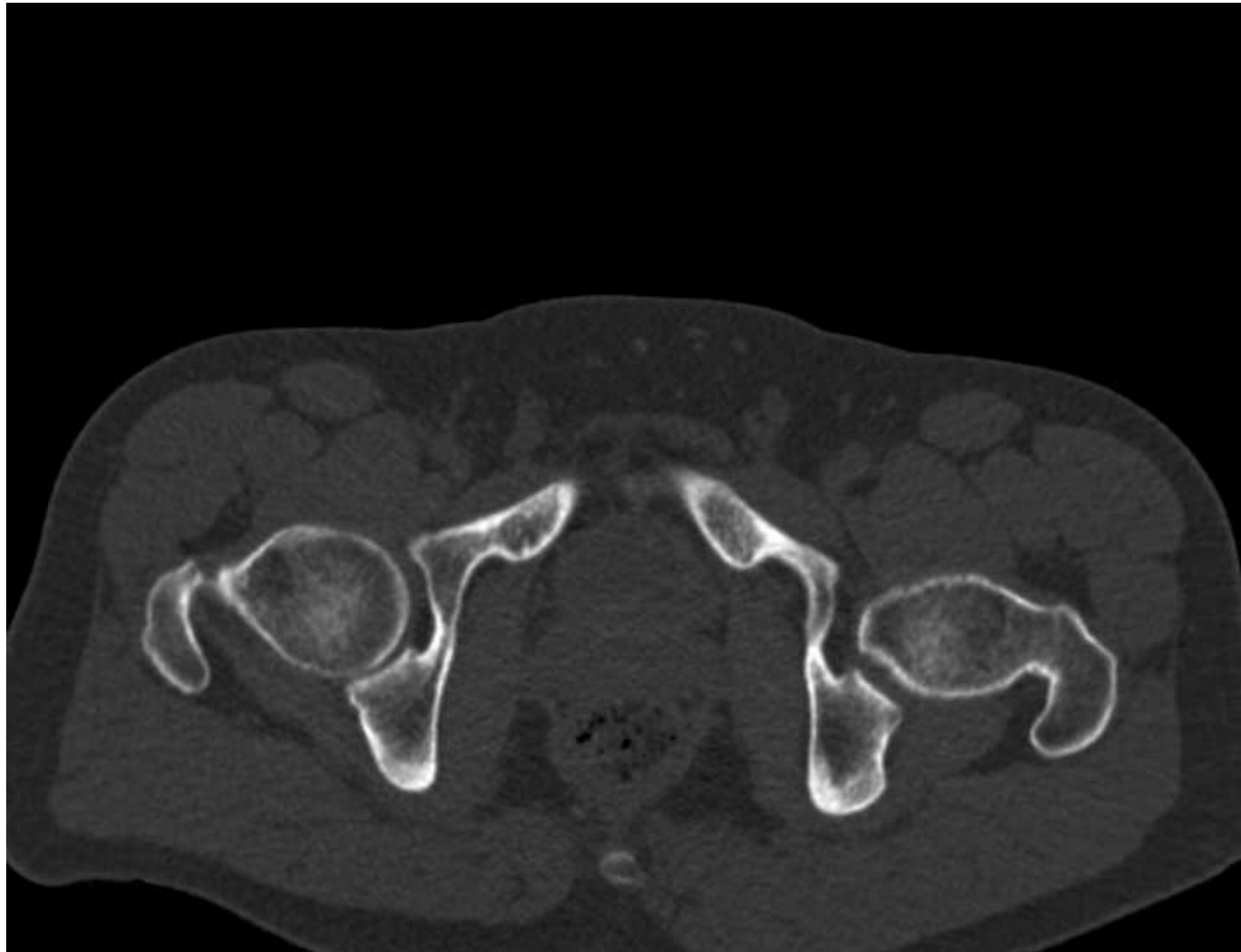


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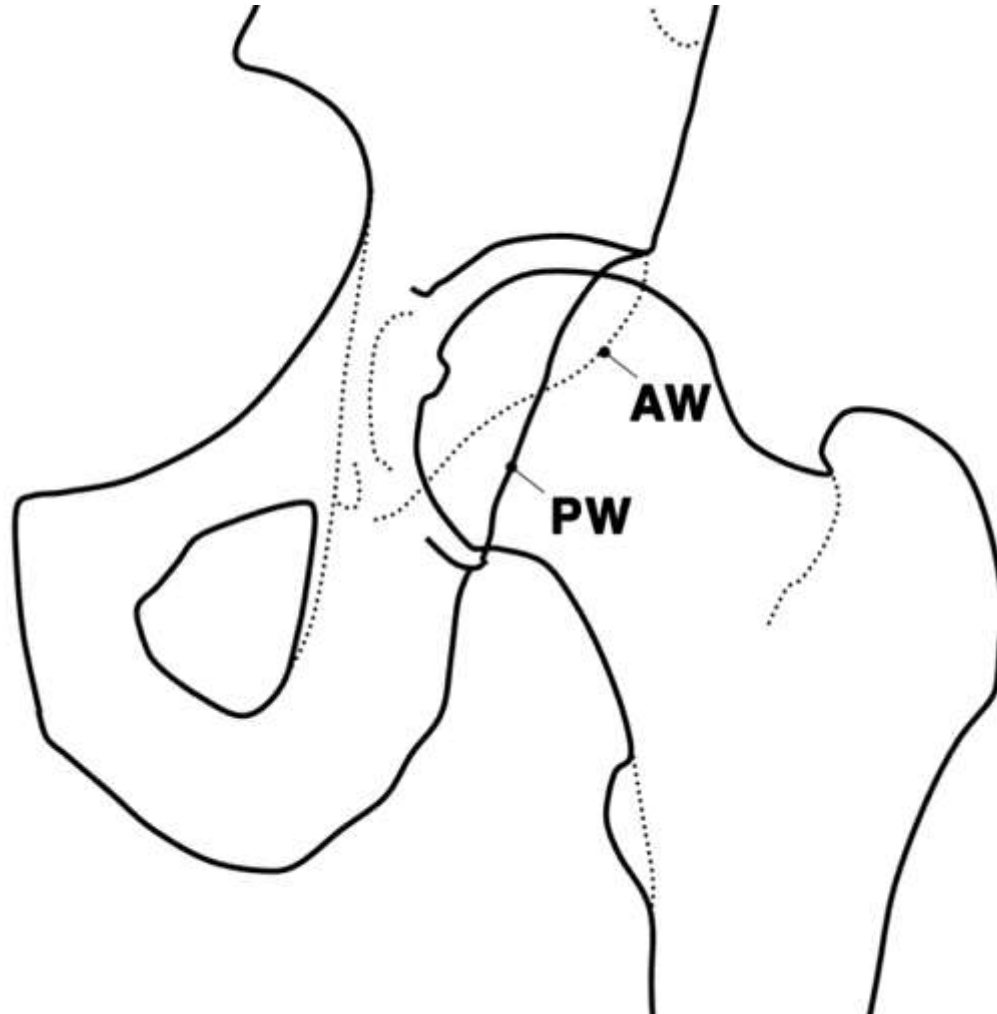
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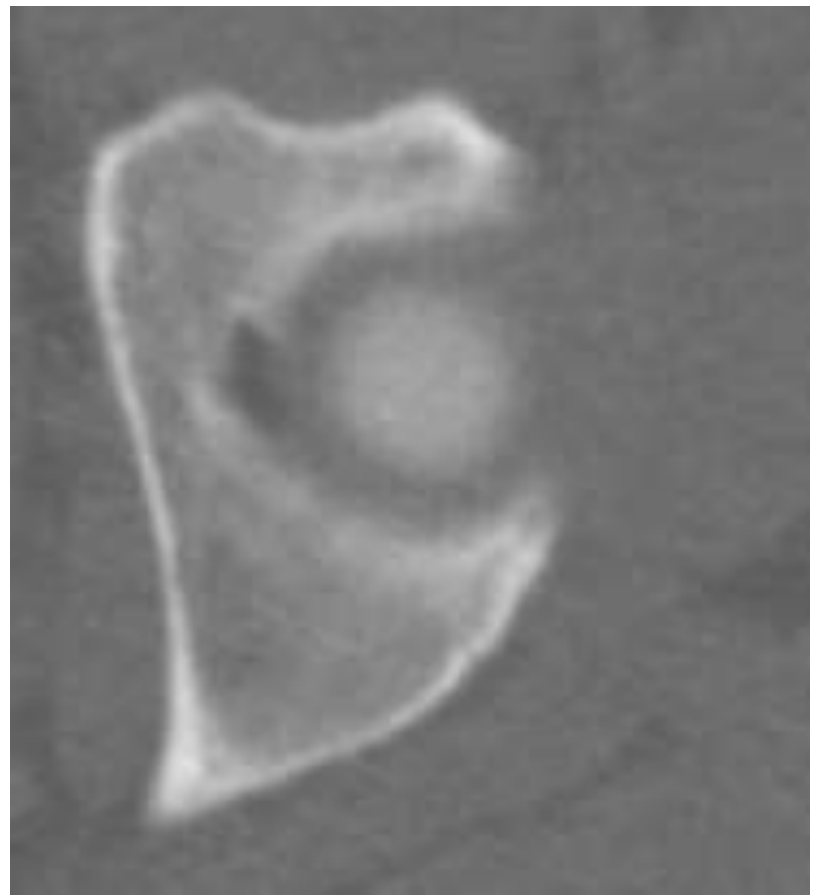
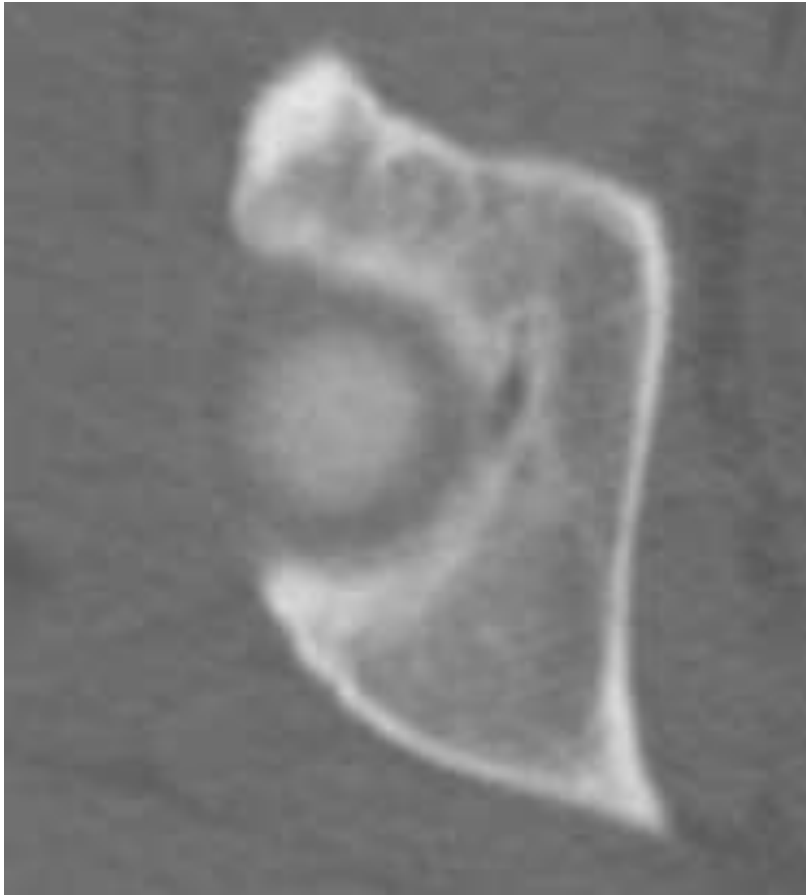




# Crossover sign

## Posterior wall sign





# What causes these fractures?



## How to treat them?

Describe the x-ray, D/D?



86 yrs old female, painful right hip



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