

Hip Assessment Worksheet

YOUR NOTES

10.		QL/oblique strength/tightness	Is it easier to bend to one side then the other?
11.		Hip abduction and external rotation	Does the weight feel even on both feet? Is there any difference in the hips when the knees move out?
12.	<p>Hold 6br</p> <p>Hold 6br</p>	Abductor strength/tightness	Is it difficult to hold the leg up? Does one side feel tighter then the other?
13.		Hip flexion	Does the movement feel smooth and even on both sides?
14.		Hip flexors strength	Can you hold the leg up for 6 counts? Does one side feel stronger?
15.	<p>Move in for 30sec</p>	Inner thigh strength and flexibility	Are the legs moving with the same speed? Is it easier on one side then the other?
16.		Buttock/leg strength	Does the weight feel even on both feet? Is the pelvis parallel to the ground?
17.		3-5 minutes	To rest and relax the lower back and hip flexors

CONCLUSIONS