

HIP JT EXAM

Standing

Perming test

(I)

Stance —
Deformity
Muscle wasting — Gluteal
Scars

⊖ Lordosis
Pelvic tilt

Knee flexed
painful
Contracted shouter

Plantar flex²
— shorter leg

GAIT

Phase —

Heel strike

Stance

Toe off

Swing

Footdrop (slapp)

Analgic
(↓ time contact)

Stiff leg
(short swing)

Trendelenburg (maxwell gait)

Short leg (walking in a hole)

TRENDELENBURG TEST

Hold hands on iliac crest

⊖

Facing you: support his hands

10-15 sec

(Sound leg sags)

Positive ⊕

⊖ Painful ⊖ glute med & minimus (OA)

⊖ Paralysis/weariness " "

⊖ Coxa vara

⊖ CDH

[False ⊕ : pain
poor balance]

Lying (Lie straight)

(P)

Tenderness —

GT
Hip jt

Thomas's test

Flex good hip

fully
[flattened — ⊖ Lordosis
— push pelvis into bed]

Bad hip:
Fixed flex deformity
(∴ No extens² at all)

Flex bad hip fully

Put down good hip

Movement

Passive —

Int rot (35°)

Ext rot (45°)

} ⊖ legs straight → pull ankle sideways
⊖ in 90° hip flex²

Abduct² (45°)

Adduct² (30°)

} Fix pelvis

Extens²

Special

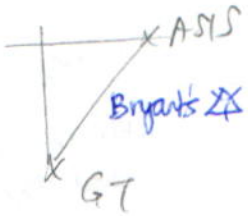
LEG LENGTH

⊕ Lie straight (pelvis square) → Compare med malleolus

— Measure:

Apparent (Xiphisternum → med malleolus) — Adductor contracture

True (ASIS → Med malleoli)



Above trochanter : ⊕ ① Coxa vara (X NOF)
② Loss' art cartilage : OA
Infect

(Nelaton's line
— vertical distance shown)

③ Hip dislocatⁿ

Distal to trochanter : ⊕ ① X' femoral shaft
X' fibia



Galeazzi test

GIRTH — measure 15cm fr tip' patella

Others

① Naino Power — Fee²
Ext
— Abd

② Pulse

Special

① Collateral - Stress instability

Varus
Valgus
(N < 5-10°)

Methods: (i) In full ext
(ii) Flex knees to 30° (Post capsule lax) → Sway for side to side

② Cruciate ligament - Post sag sign (PCL tear)

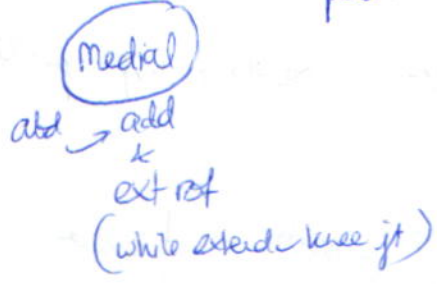
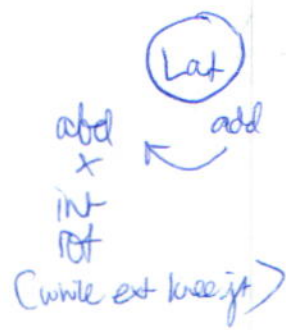
Drawer test → Ant
Post

Active Lachman test

Pivot shift test

③ Meniscus

McMurray manoeuvre
+ve: click ← audible palpable pain



④ Patellar apprehens² test

Displace patella lat while flexing knee

Others

① HIP JOINT

② NEURO

③ PULSES - Popliteal
DP
PT

④ ABDO
PV - ? every

Ankle & Foot Exam

Stand

- (I) Proport² — of hand & rest' side
- Ankle — Swell
- Dorsum — Prominence: 5th m/t base
- Exostoses: " u head
- Cuneiform exostoses
- Gangl²

Talipes (Club foot) — equinus
equinovarus

- Arch — **Pes planus** — as valgus hindfoot rarely symptomatic
- " cavus** — toes clawed & straighten toes tips' toes — off & ground callosities ↑ pain & discomfort
- Length — MT & toes
- Toes — **Hallux valgus** — Sublux' MTP jt Metatarsus primus varus Exostoses' 1st MT head Bunion Overrid' toes
- Pes plano-valgus** — 1st post rupture — abduct' medial jt prominent med nail — ? mobile / fixed

- Toes — **Hallux valgus** — Sublux' MTP jt Metatarsus primus varus Exostoses' 1st MT head Bunion Overrid' toes
- as splay metatarsalgia callus

Hallux rigidus — 6 OA

" flexus
Hand corns
Callus (→ abn wt distrib²)

Claw toes all flex (contract)

Hammer toes PIP flexed

Mallet toes — 1 DIP flexed

Shunt varus

Crowd

- Nail — Onychomycosis
- Ingrow (Onycho-cryptosis)
- Subungual exostoses
- Pseriatic Δ

- POSTURE** — Shorten' tendo calcaneus
- Intoeing ← tors² deformities 'tib²
- Gen valgum adduct' forefoot
- Eyes?
- Inners?
- Splay

Heel — (ii) slightly valgus → varus
to toe

OA — varus (w' lat side ' foot)
Percurs² — planus-valgus

- GAIT** — ? antalgic
- discomfort toing off — Hallux rigidus

RA — foot drop
MTP — swell — Hallux valgus
Forefoot deform — last day pes planus
Toes — Daylight sep
Claw — Contract²
Callus
Achilles nodules

Lying

- (I) Heel — Calcaneal exostoses
- Sole — Callus
- B/w toes — Soft corns
- Tinea

(P) Swell

Tenderness

- Nail — Sub-ungual exostoses — vertical squeeze
- Ingrown toenail — side, side.
- Heel — Sever's D
- Plantar fasciitis
- Jt — Jt line Med & Lat malleolus
- Forefoot — Freiberg's D — 2nd MCP jt
- March X — 2 & 3rd MT shaft
- Plantar digital neuroma — b/w 3 & 4th MT heads
- (Morton's metatarsalgia)

Tarsal tunnel sign

Move

- Ankle — Dorsiflex 15°
- Plantarflex 55°

- Subtalar — Invers² 35°
- Evers² 20°

- Midtarsal — Pronate (Evers)
- Supinate (Invers)
- Flex²
- Ext²

- Great toe — Extens² 90°
- Flex² 40°

Special

- Footprint
- Shoes

VASC

- Temperature
- Pulses
- cap fill

NS

- Reflexes — AJ
- Power