

**Functional Assessment  
Hip Findings**

**Abductor Lurch**

Structure/sign being tested: Pelvic core instability.

Position of Patient: Patient is pacing around examination room

Position of examiner: Seated

Procedure: Examiner observes gait of the patient

Positive Test Result: A shoulder shift limp, minus the pelvic tilt of the Trendelenburg gait. The trunk swings over the affected leg on the ground (stance phase). If the condition is bilateral, the trunk swings from side to side




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**Functional Assessment  
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**Trendelenburg Sign (March Test)**

Structure/sign being tested: Pelvic core instability, insufficiency of the gluteus medius to support the torso in an erect position, indicates weakness in the muscle or decreased innervation

Position of Patient: Standing with weight evenly distributed between both feet. Lower the shorts to the point at which the iliac crest or PSIS are visible

Position of examiner: Sitting, Standing, or kneeling behind the patient

Procedure: Patient is instructed to lift the leg opposite the side being tested, holding the hip joint between neutral and 30 degrees flexion

Positive Test Result: Pelvic asymmetry. The pelvis lowers on the non-weight bearing side



Reference # 4,7

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**Functional Assessment  
Hip Findings**

**Pelvic Obliquity**

Structure/sign being tested: Anterior rotation of pelvis suggest shortening of hip flexors, and/or lumbar spinal extensors. Posterior rotation suggest tightness of hamstrings. Pelvic Obliquity secondary to functional shortening of one leg is common

Position of Patient: Standing

Position of examiner: Standing

Procedure: The relative symmetry of bilateral ASIS, iliac crests and PSIS should be noted

Positive Test Result: ASIS, iliac crest, or PSIS asymmetry




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