

Hip and Groin – clinical examination

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Palpation of Iliopsoas



Photos courtesy of UEFA Football doctor education program

Hölmich; BJSM 2004 &2007

Isometric strength test - iliopsoas



Photos courtesy of UEFA Football doctor education program

Hölmich; BJSM 2004 & 2007



Thomas test – evaluation and passive stretching



Photos courtesy of UEFA Football doctor education program

Hölmich et al BJSM 2004 & 2007



Isometric adductor test – squeeze test



The best test to identify pain related to the adductor longus according to EMG study by Lovell G et al & Experimental pain study by Drew M et al



Photos courtesy of UEFA Football doctor education program

Hölmich; BJSM 2004 & 2007



Palpation of the adductor origin



Photos courtesy of UEFA Football doctor education program

Hölmich; BJSM 2004 & 2007



Palpation of the conjoined tendon and the rectus abdominis tendon



Photos courtesy of UEFA Football doctor education program



Palpation of the conjoined tendon and the rectus abdominis tendon

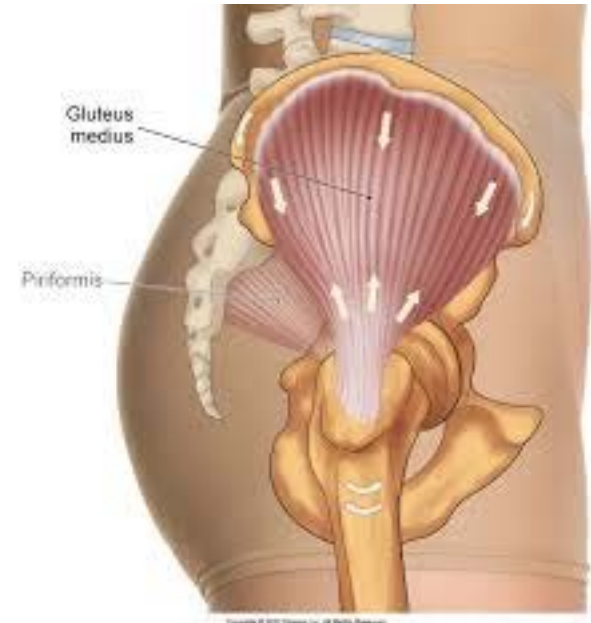


Photos courtesy of UEFA Football doctor education program

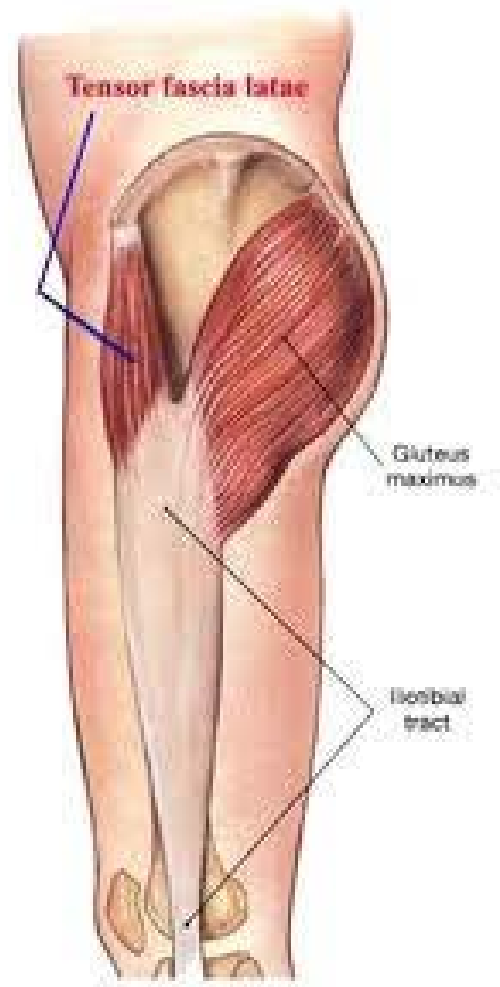
Hölmich; BJSM 2004 & 2007



Isometric test - m. Gluteus medius



Gluteus maximus



Impingement test (FADIR)



Photos courtesy of UEFA Football doctor education program



Hip-related groin pain

- FADIR have high sensitivity, but low specificity

Martin et al., Arthroscopy 2006

- If none of these tests are positive, it is unlikely that an intra-articular hip problem is present

Tijssen M, 2013

Reiman M et al

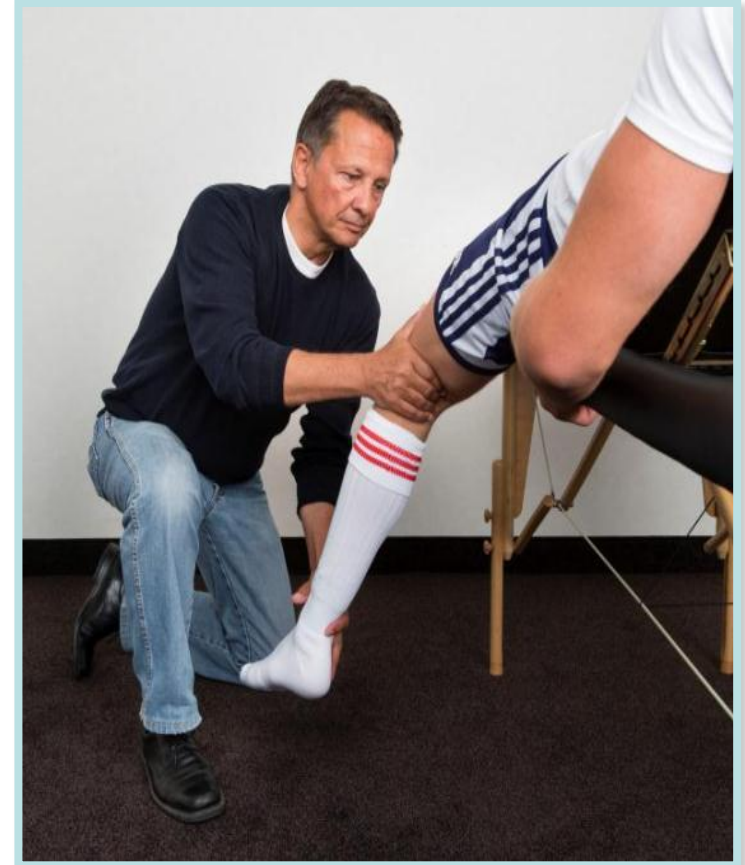


Impingement test



Tests to provoke intra-articular pain

- Apprehension test (anterior pain)/ Posterior impingement test (posterior pain)



Photos courtesy of UEFA Football doctor education program



Log roll test



Photos courtesy of UEFA Football doctor education program

