

SCOREBUILDERS



SPOTLIGHT
Series

Need 2 Know:
Hip

Presented by
Daniel J. Lee, PT, DPT, PhD, GCS, OCS, COMT

Purpose

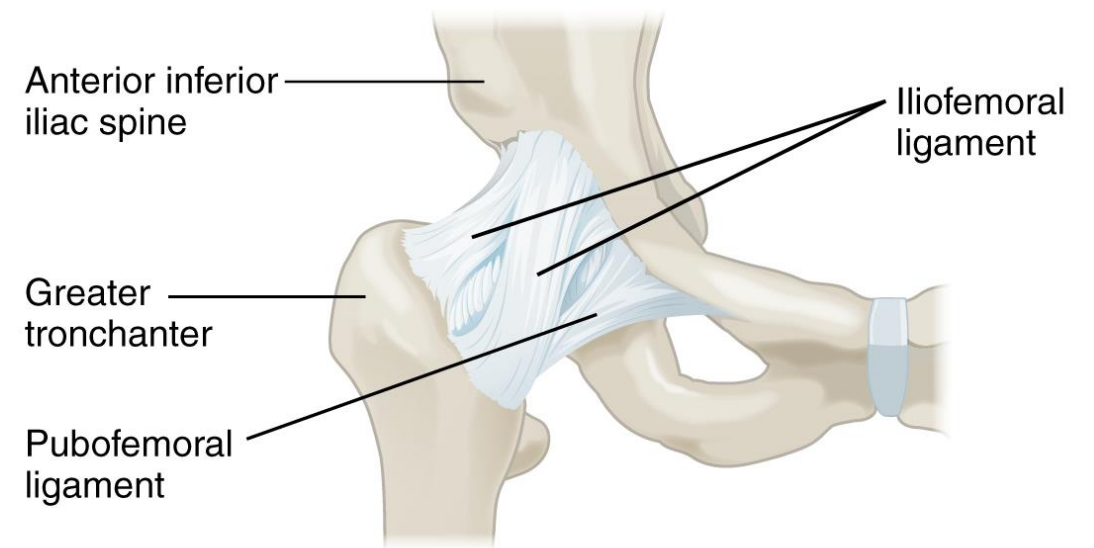
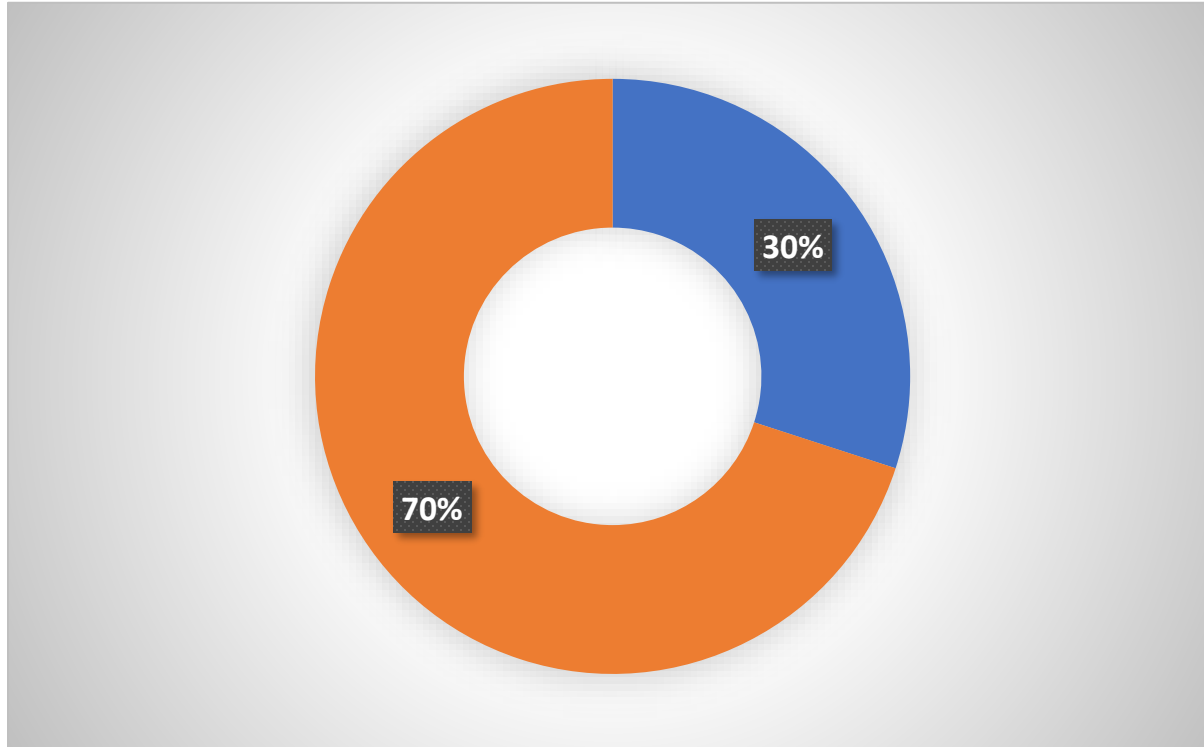
1. Identify areas of focus for your study plan.
2. Prepare you for hip content that could be encountered on NPTE.

NOT

1. Comprehensive course on the hip (but covers a lot!).
2. Rehash of Scorebuilders book.

BIG PICTURE

- There are 51-60 items on the NTPTE specific to the MS system



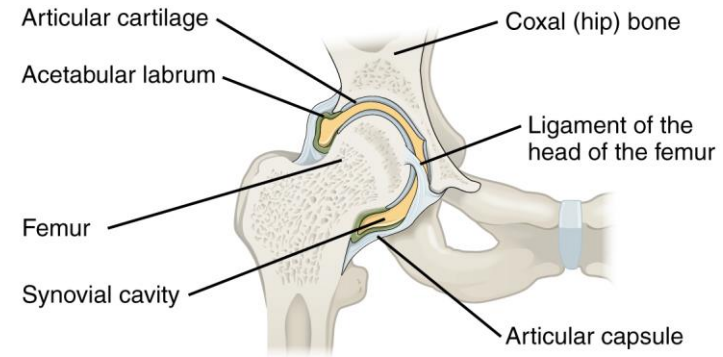
(b) Anterior view of right hip joint, capsule in place

Who FSBPT is testing...

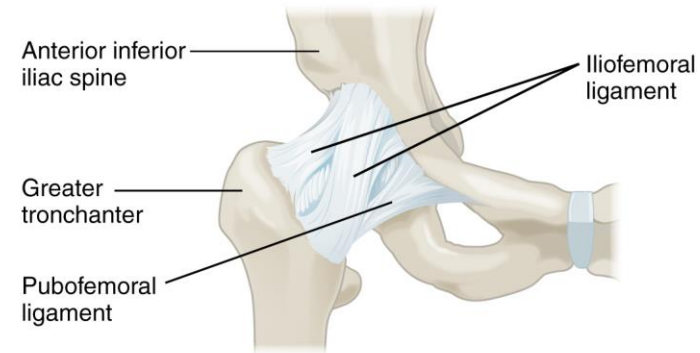


Likely Questions

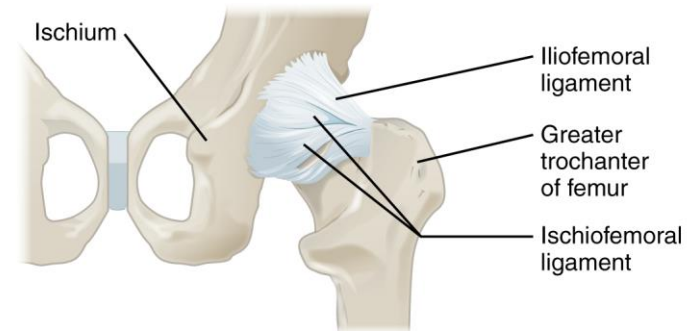
- Anatomy of the hip
- Kinesiology of the hip
- Basic assessment
- Pathologies of the hip
- Differential diagnosis



(a) Frontal section through the right hip joint



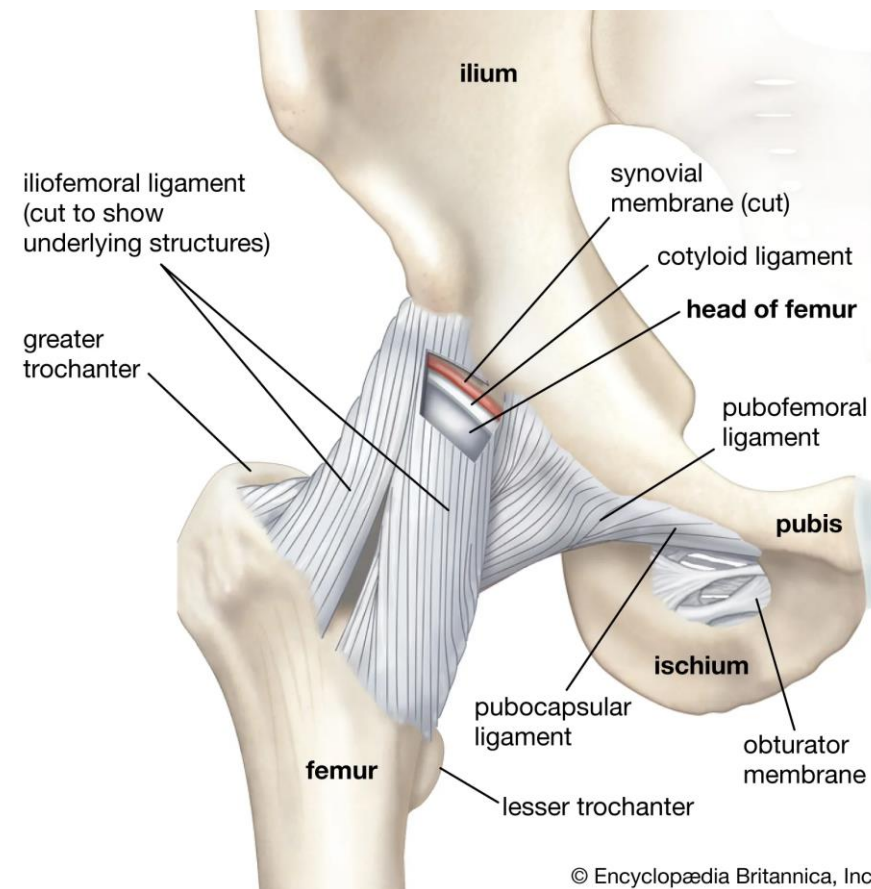
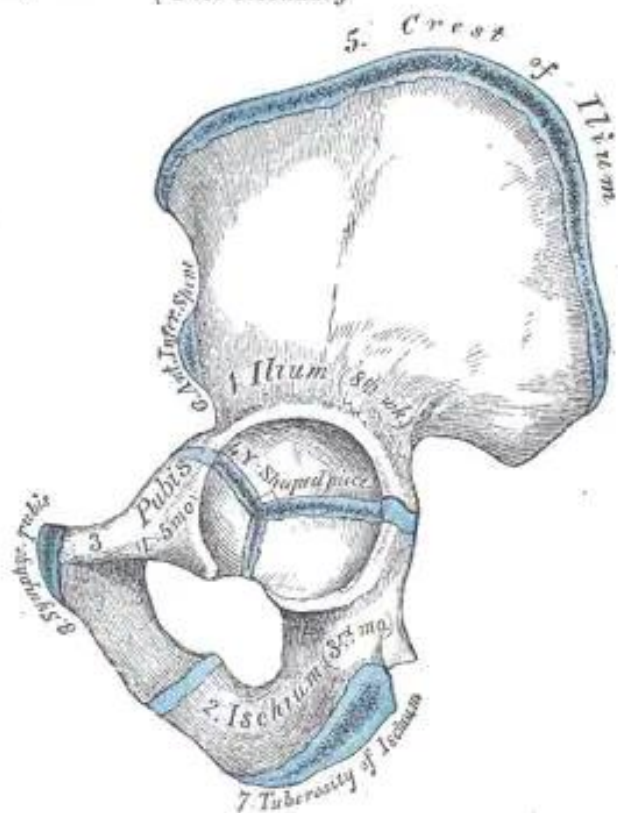
(b) Anterior view of right hip joint, capsule in place



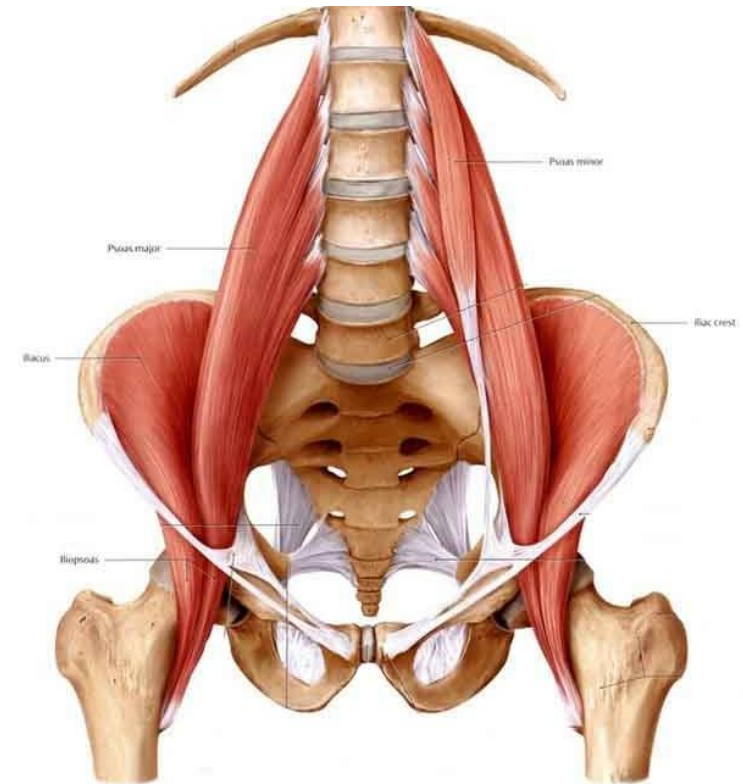
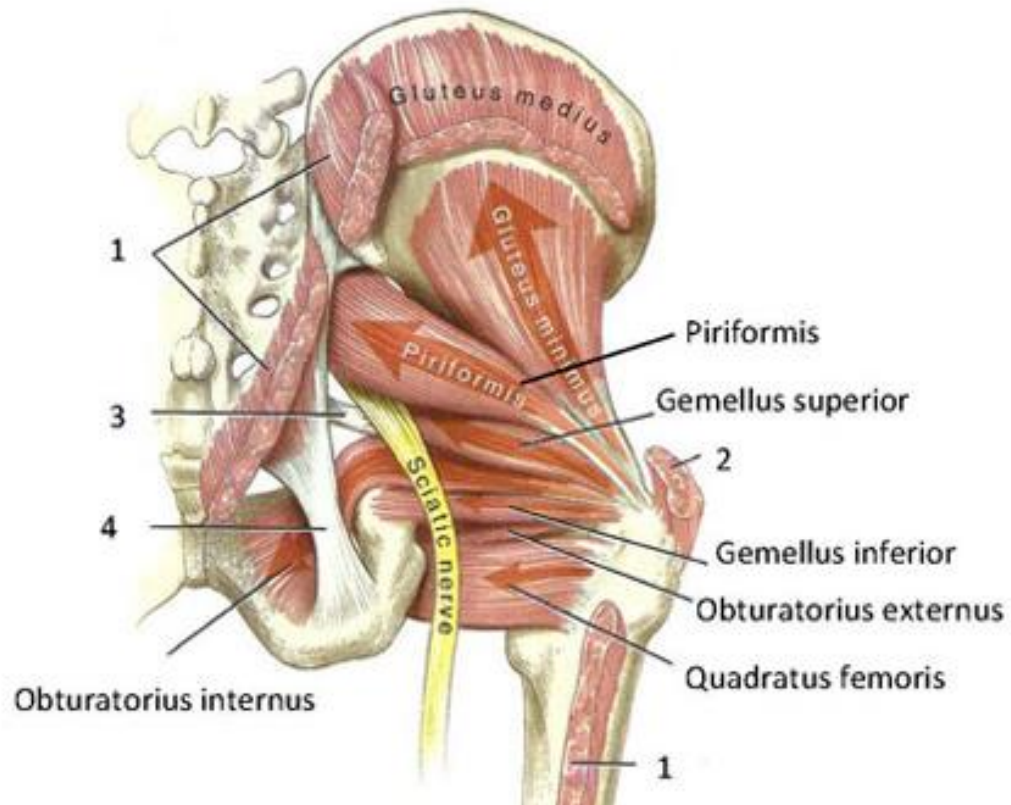
(c) Posterior view of right hip joint, capsule in place

Anatomy

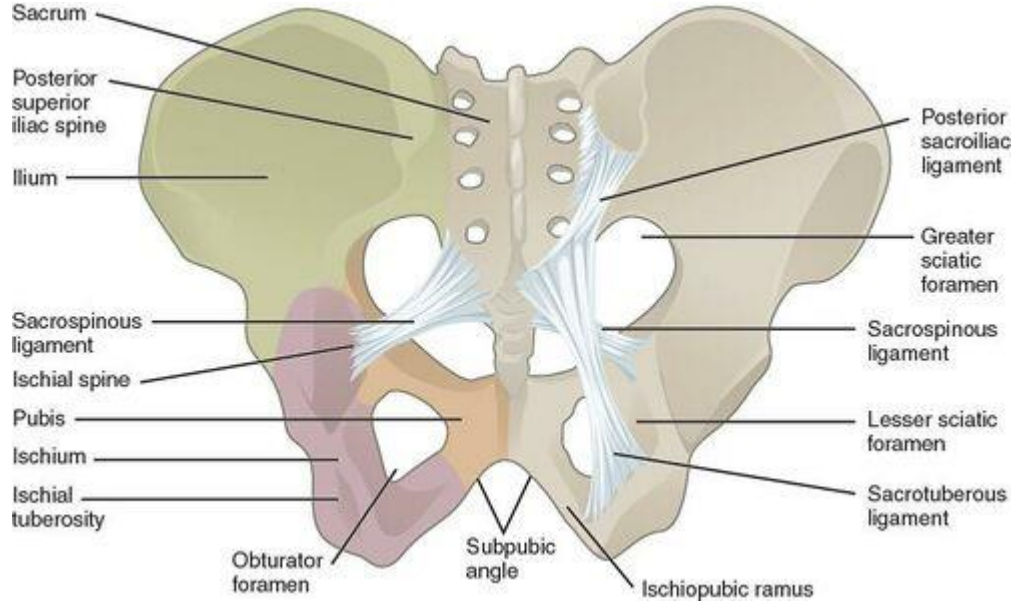
By eight centers { Three primary (Ilium, Ischium, and Pubis)
 { Five secondary



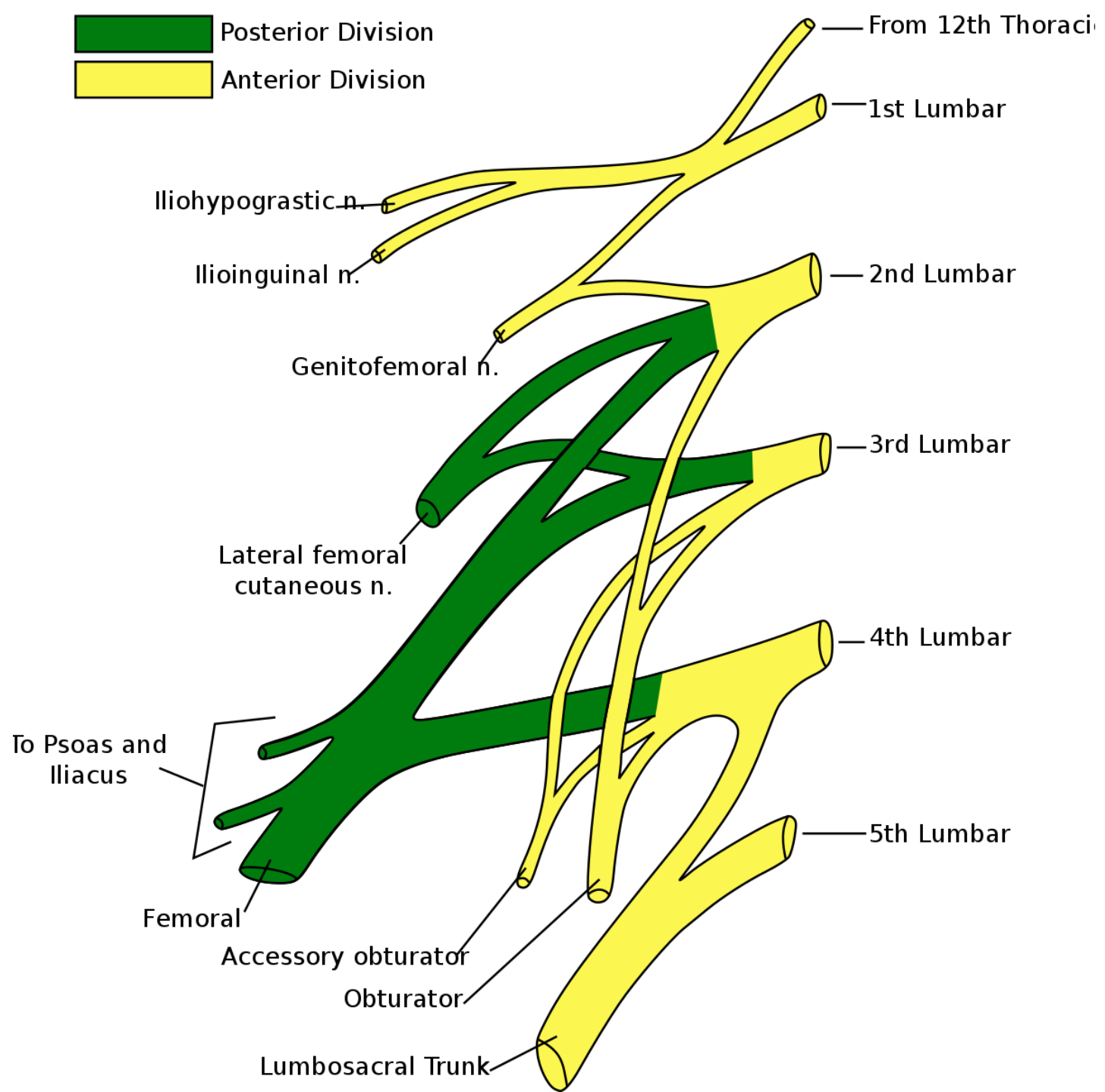
Anatomy

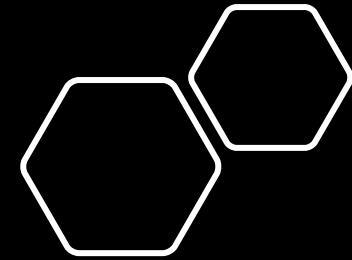
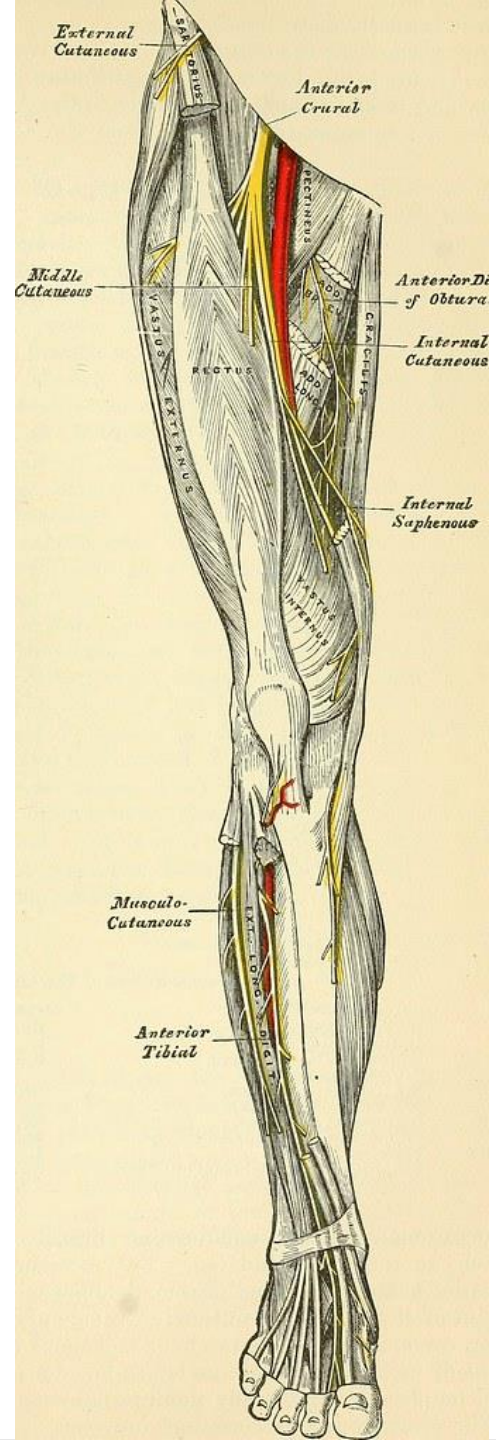
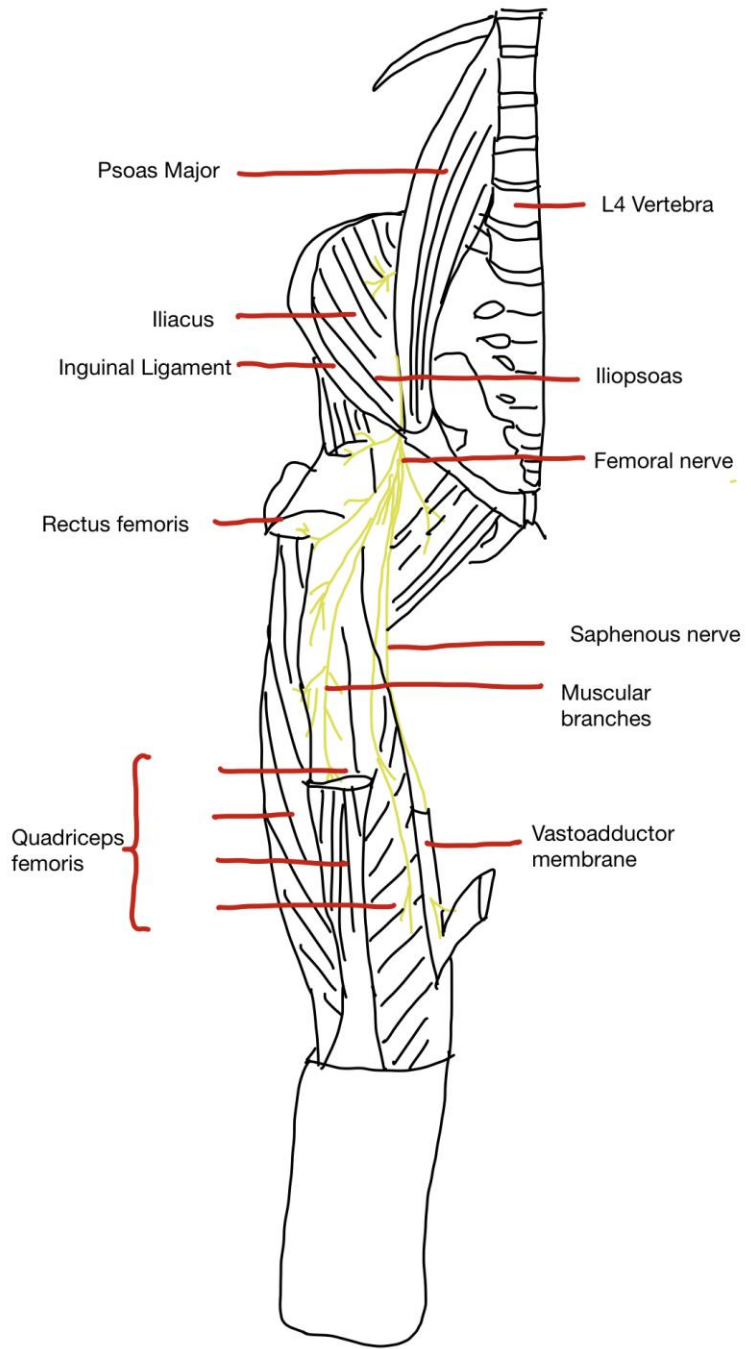


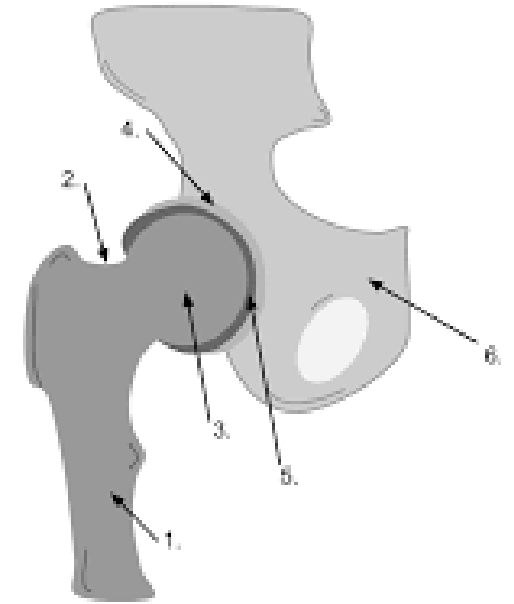
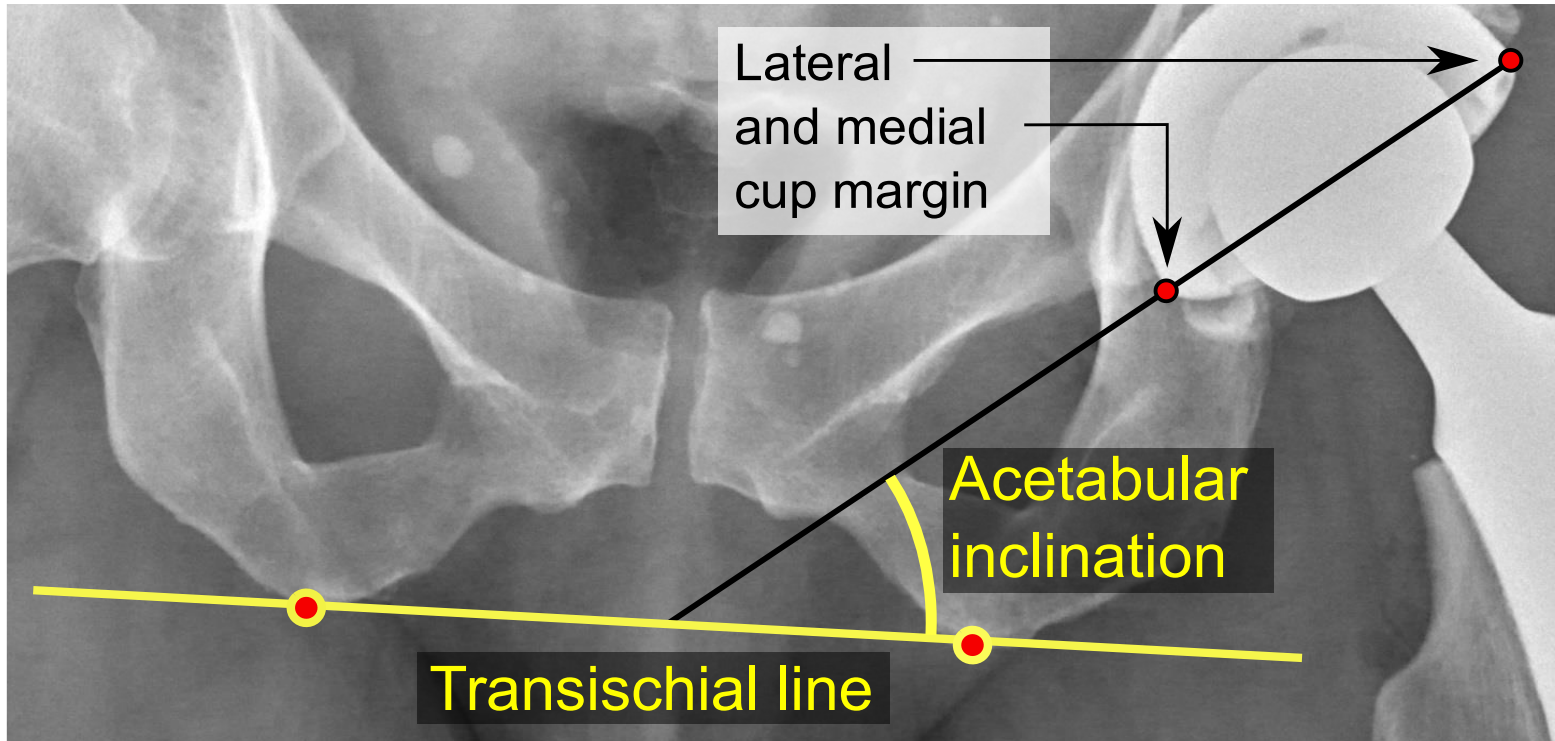
Plexus



Posterior Division
 Anterior Division







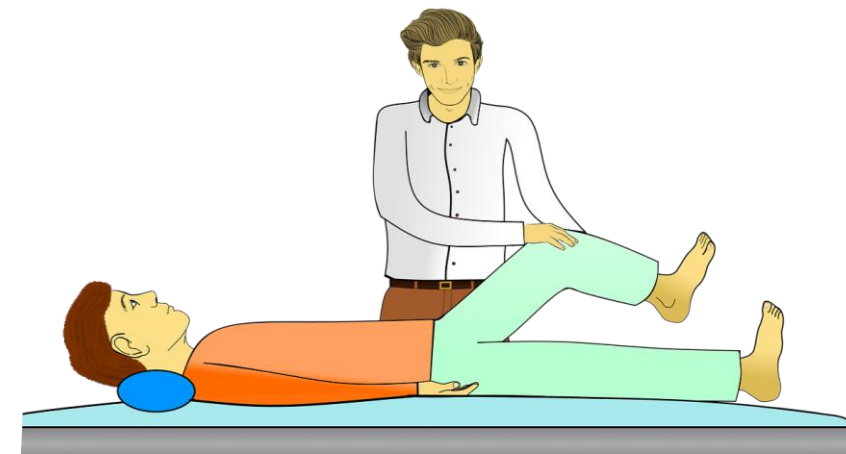
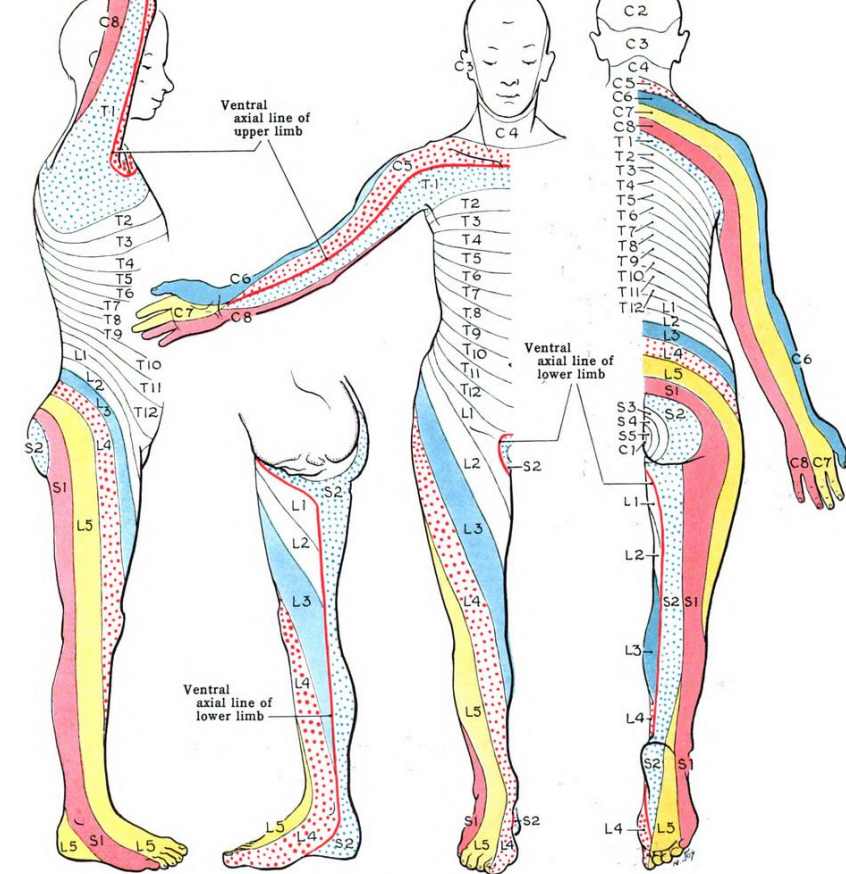
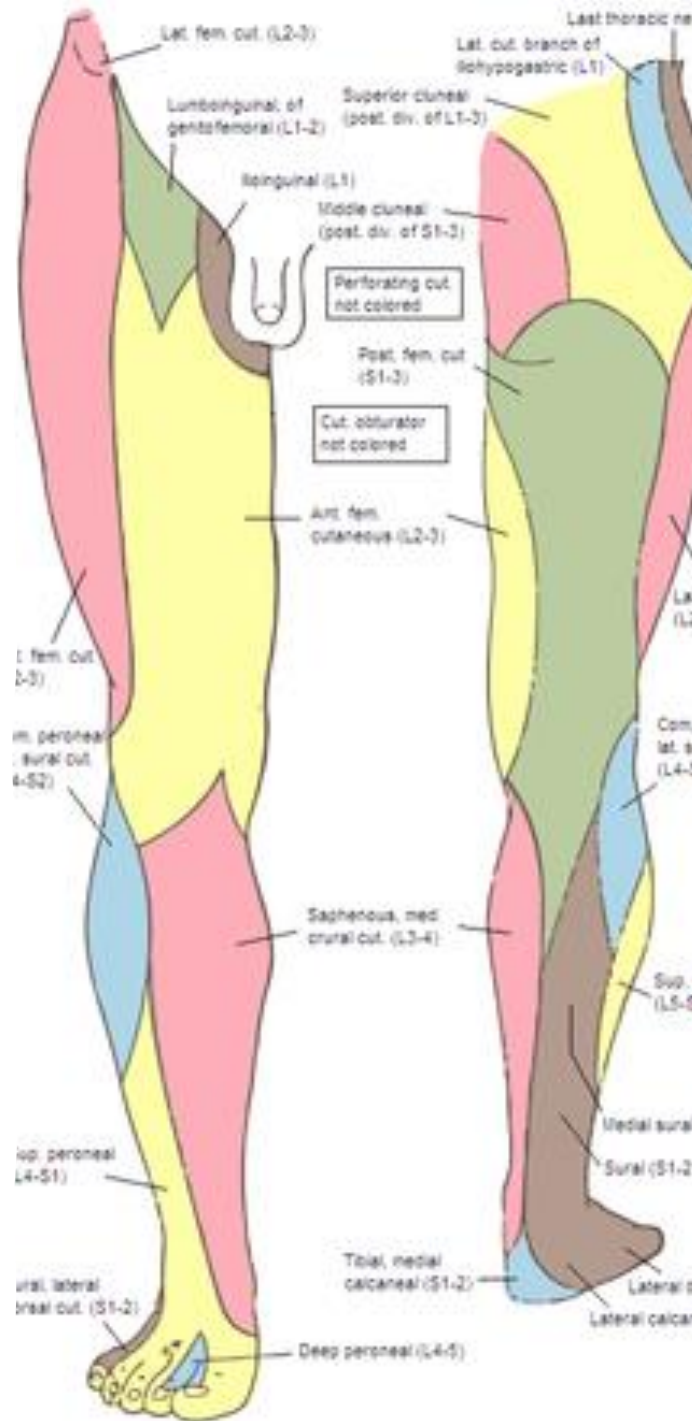
Kinesiology

Basic assessments

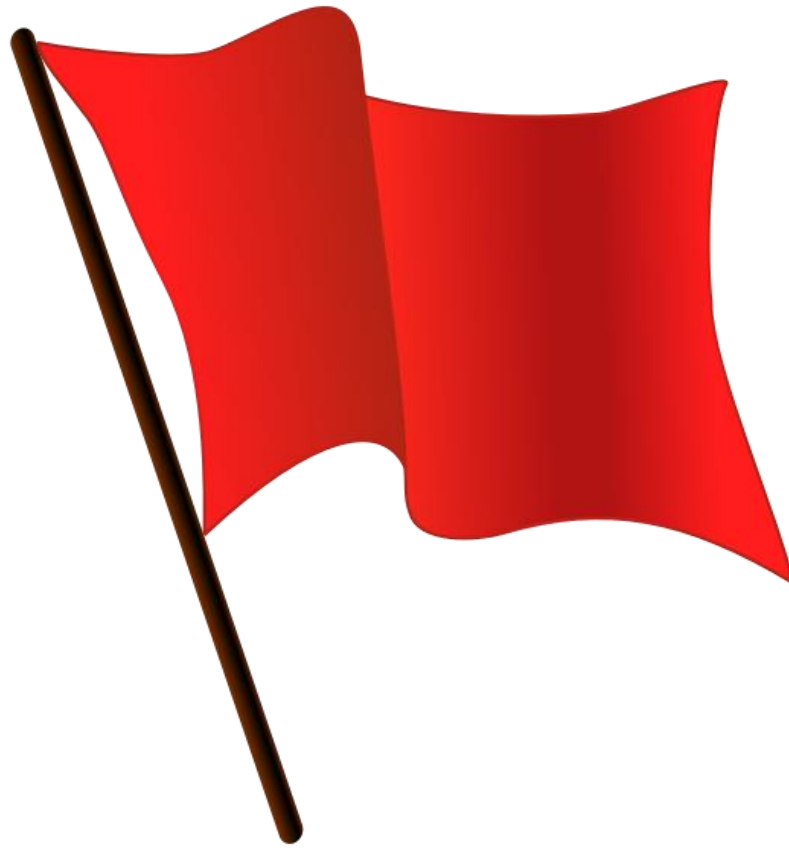
- Neuro screen
 - Myotomes
 - Dermatomes
 - Reflexes
- Red flags



Neuro Screen

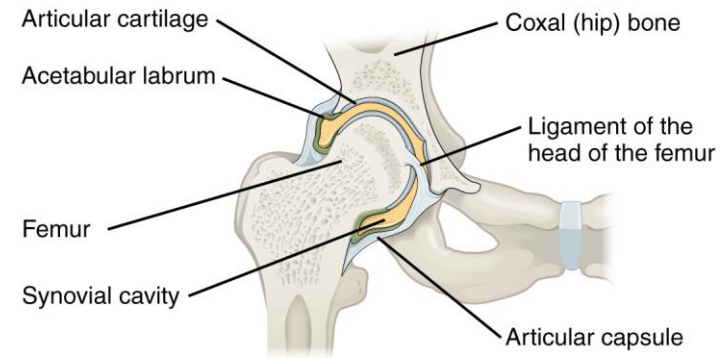


Red Flags

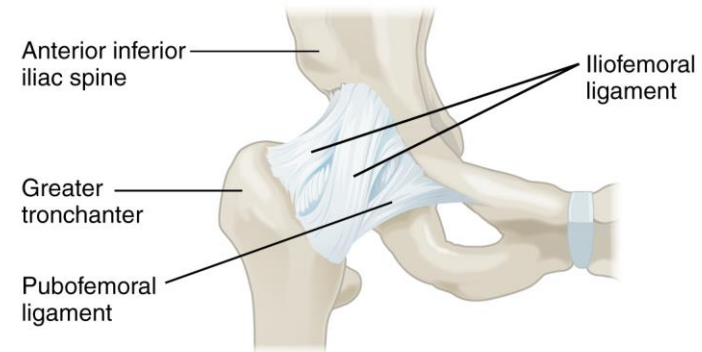


Pathologies

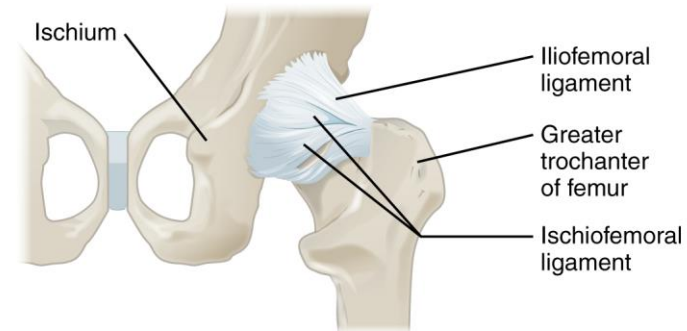
- Replacement
- Impingement
- Osteoarthritis
- Bursitis
- Piriformis syndrome
- Hip fracture
- DDH
- SCFE
- LCP
- Labral tear
- Strain



(a) Frontal section through the right hip joint



(b) Anterior view of right hip joint, capsule in place

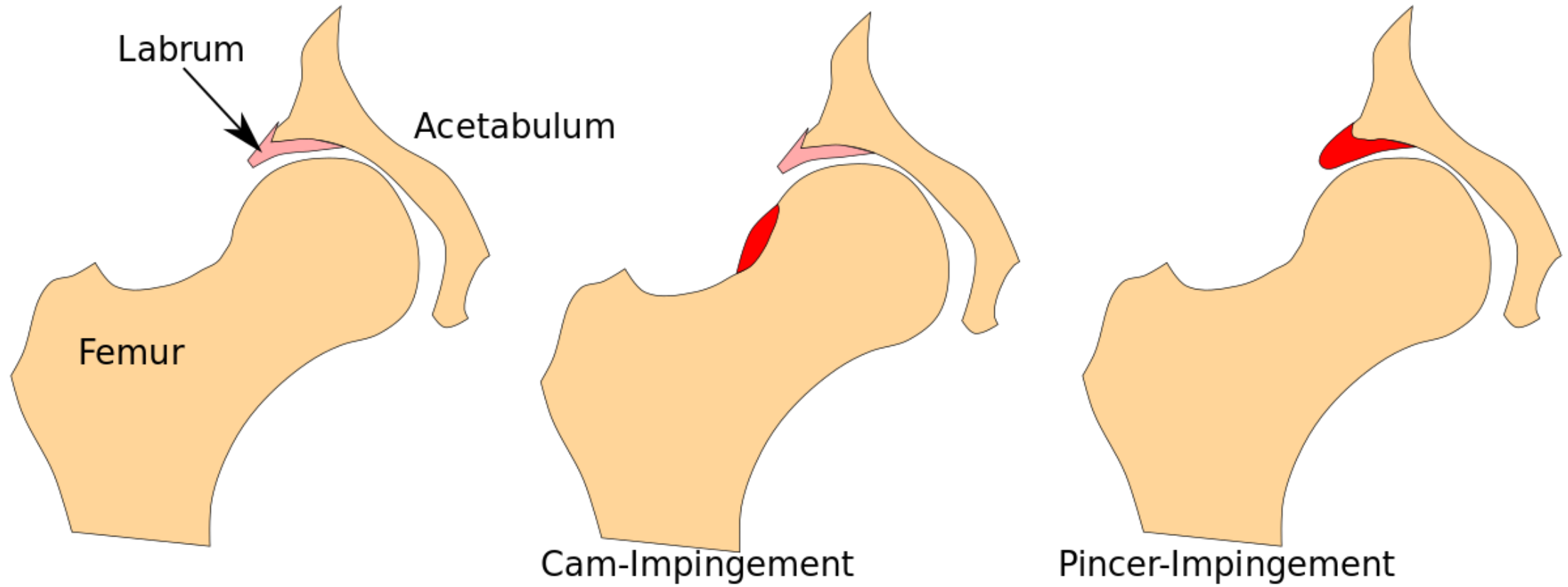


(c) Posterior view of right hip joint, capsule in place

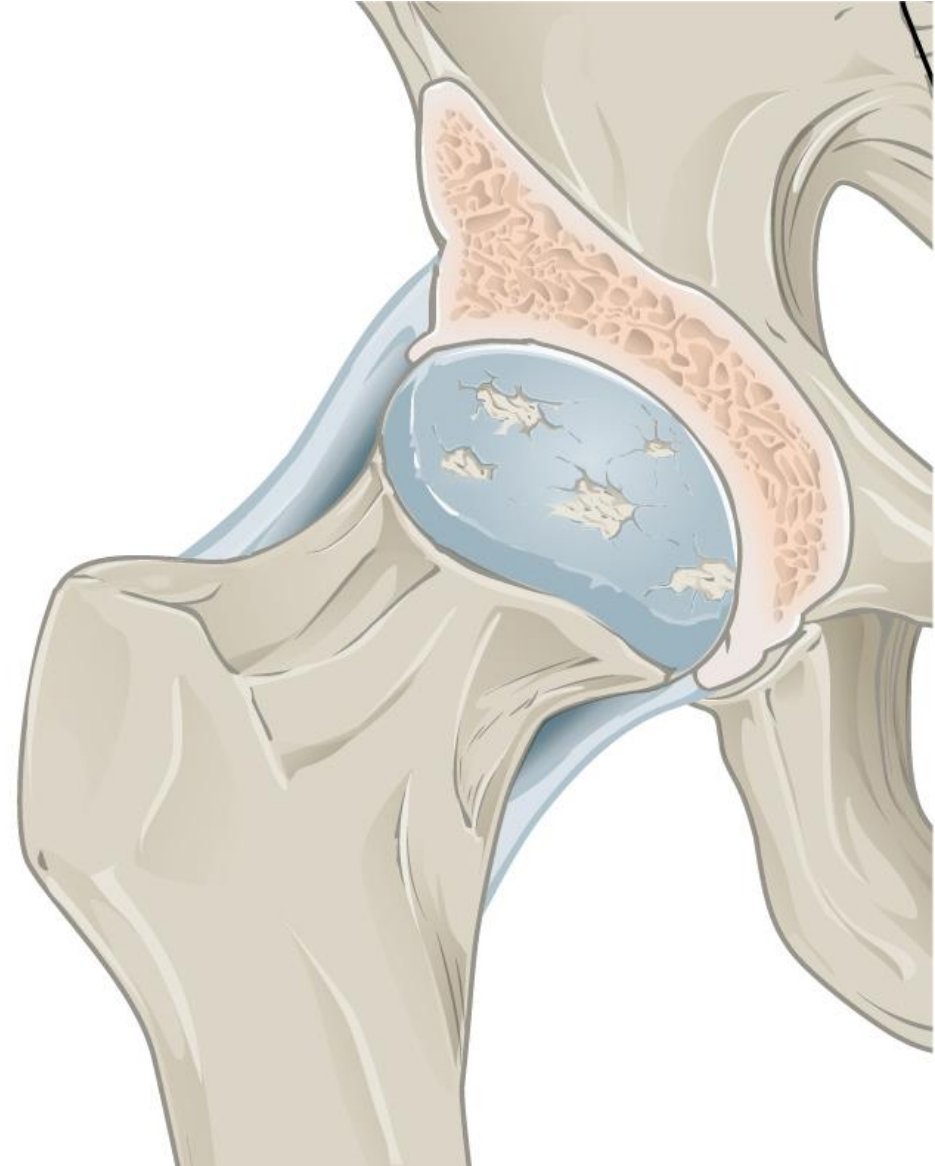


Replacement

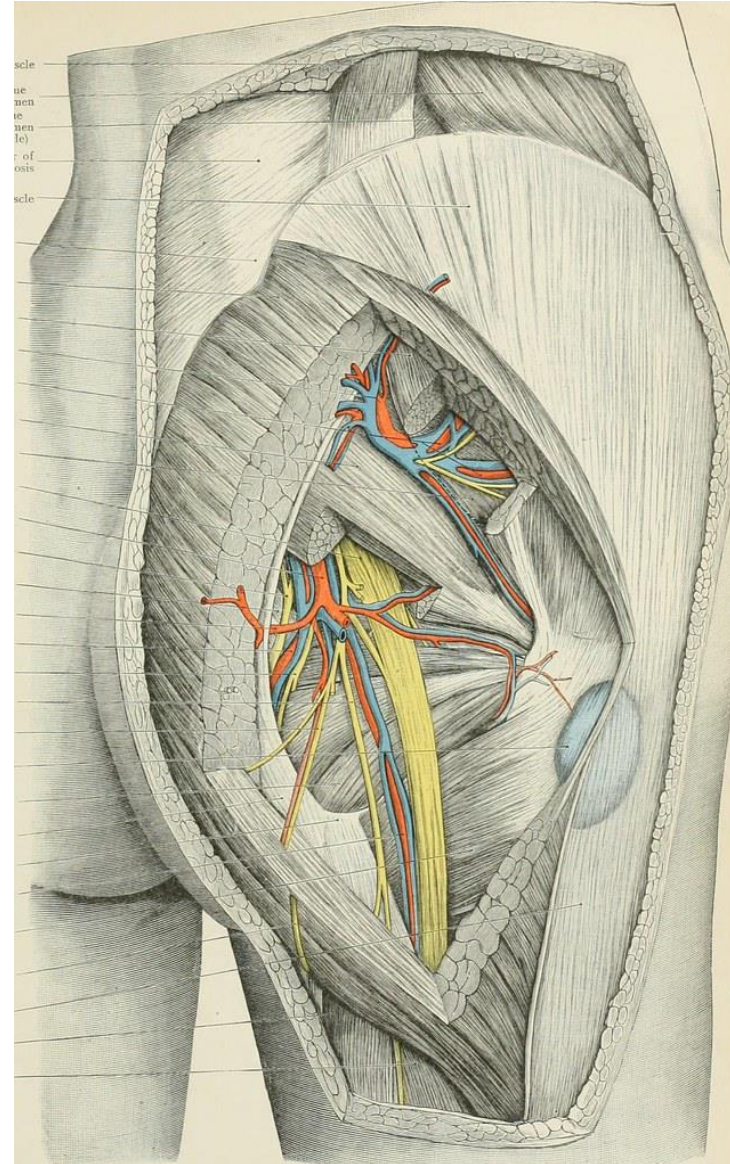
Impingement



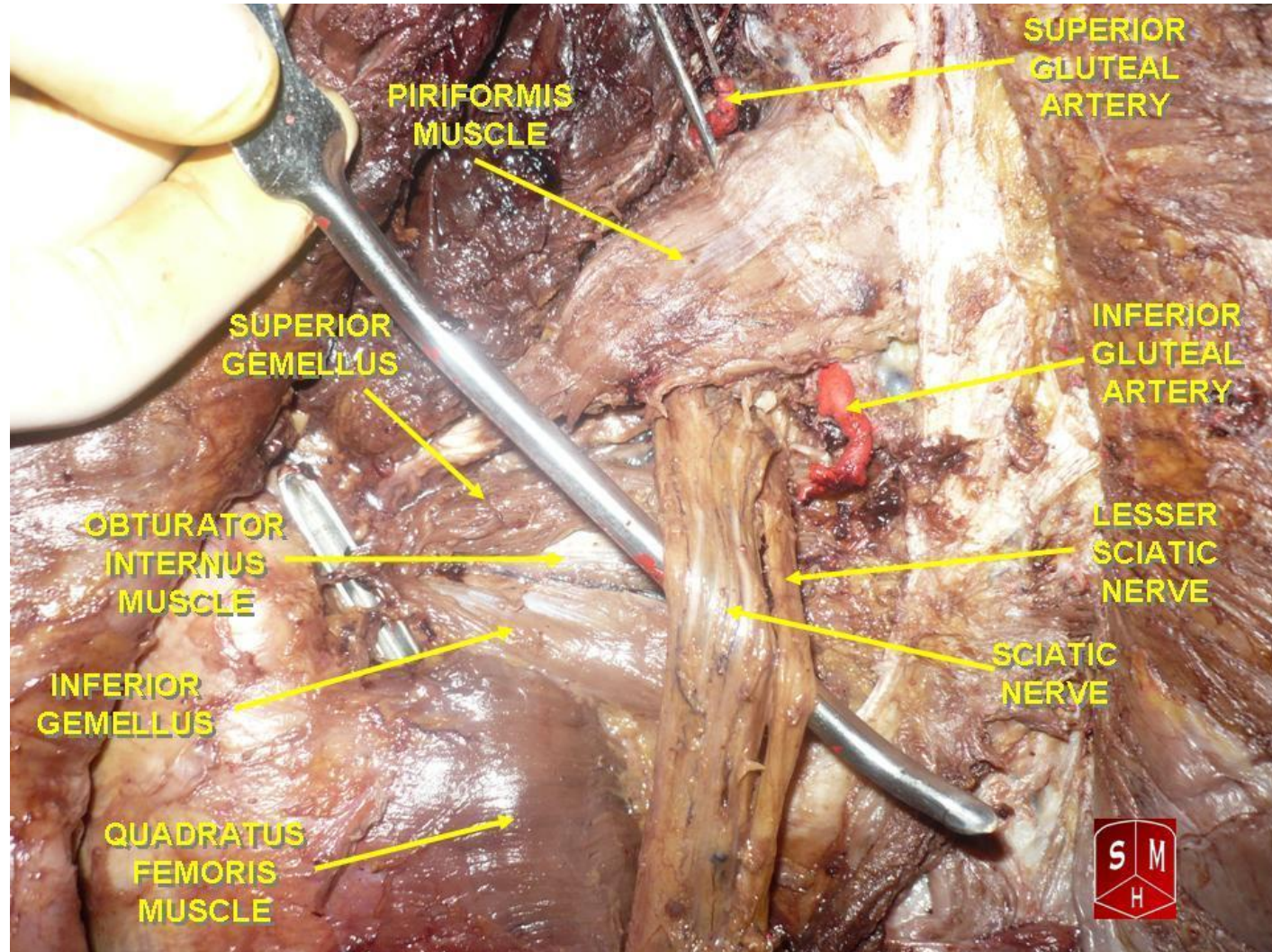
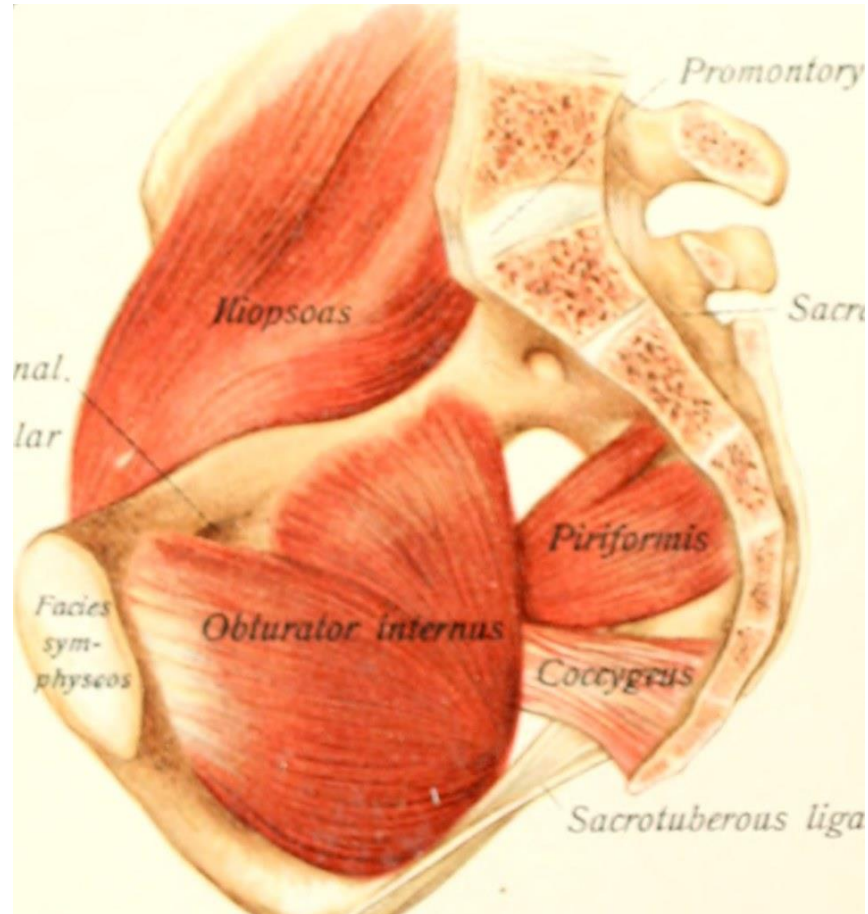
Osteoarthritis



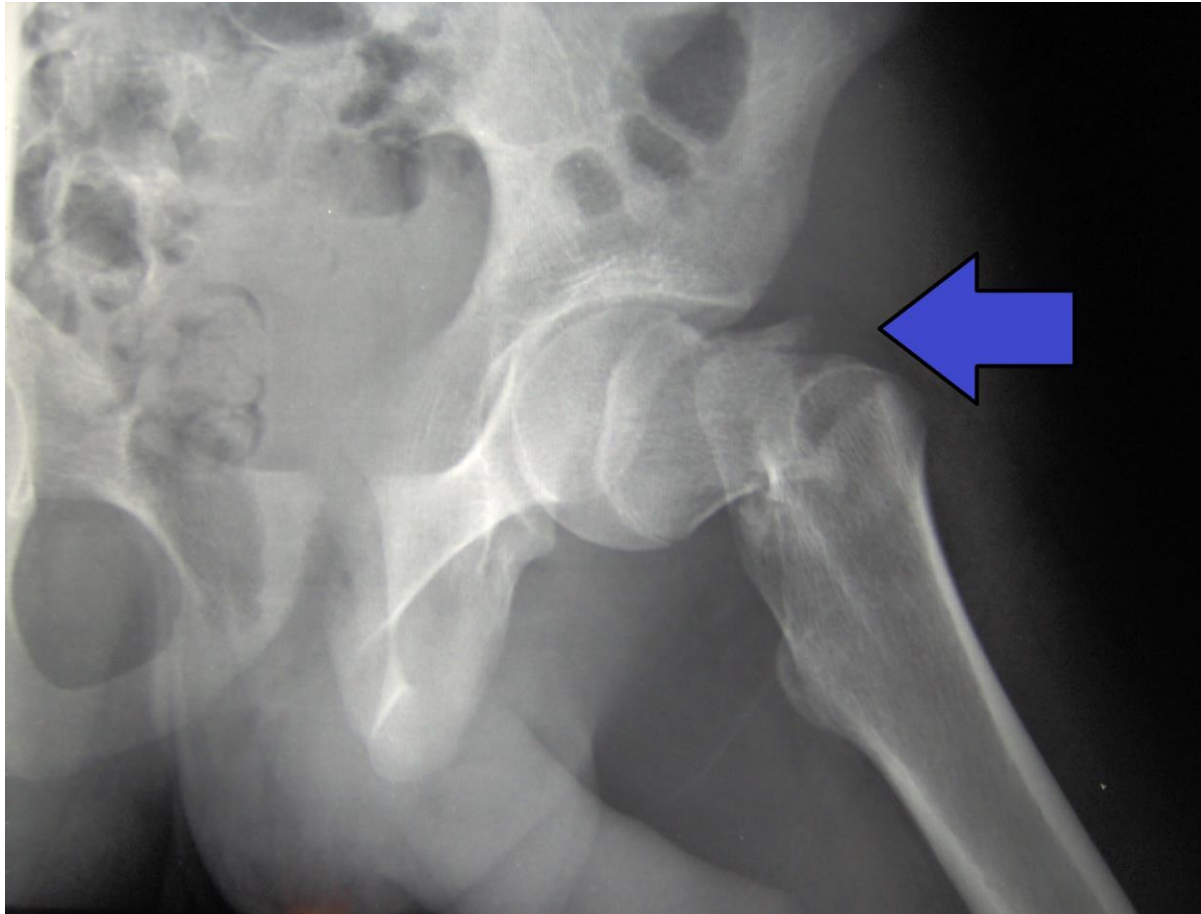
Bursitis



Piriformis Syndrome



Hip Fracture



Hip fractures

Intracapsular

Neck ← Head

Subcapital

Transcervical

Basicervical

Intertrochanteric

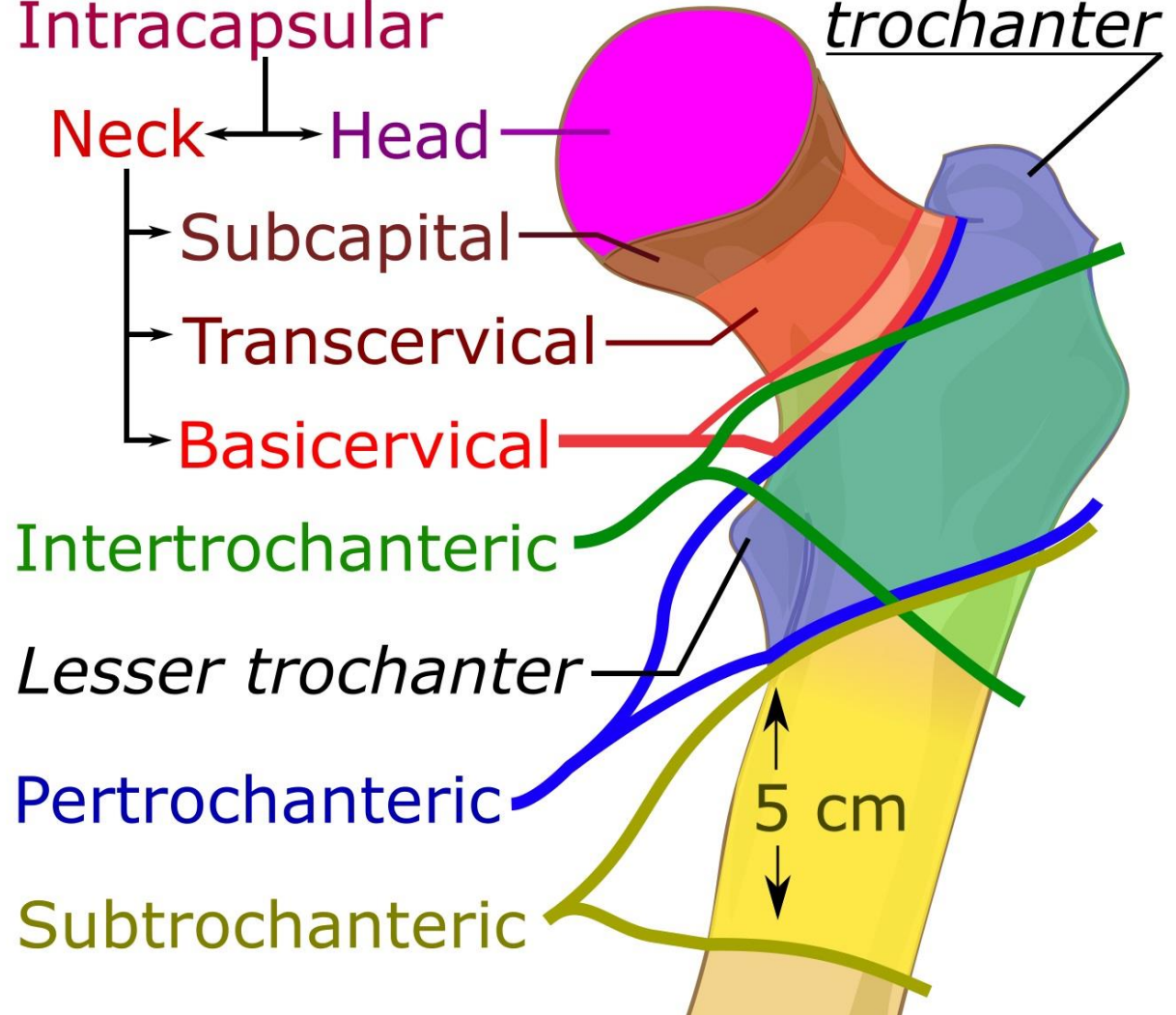
Lesser trochanter

Pertrochanteric

Subtrochanteric

Greater trochanter

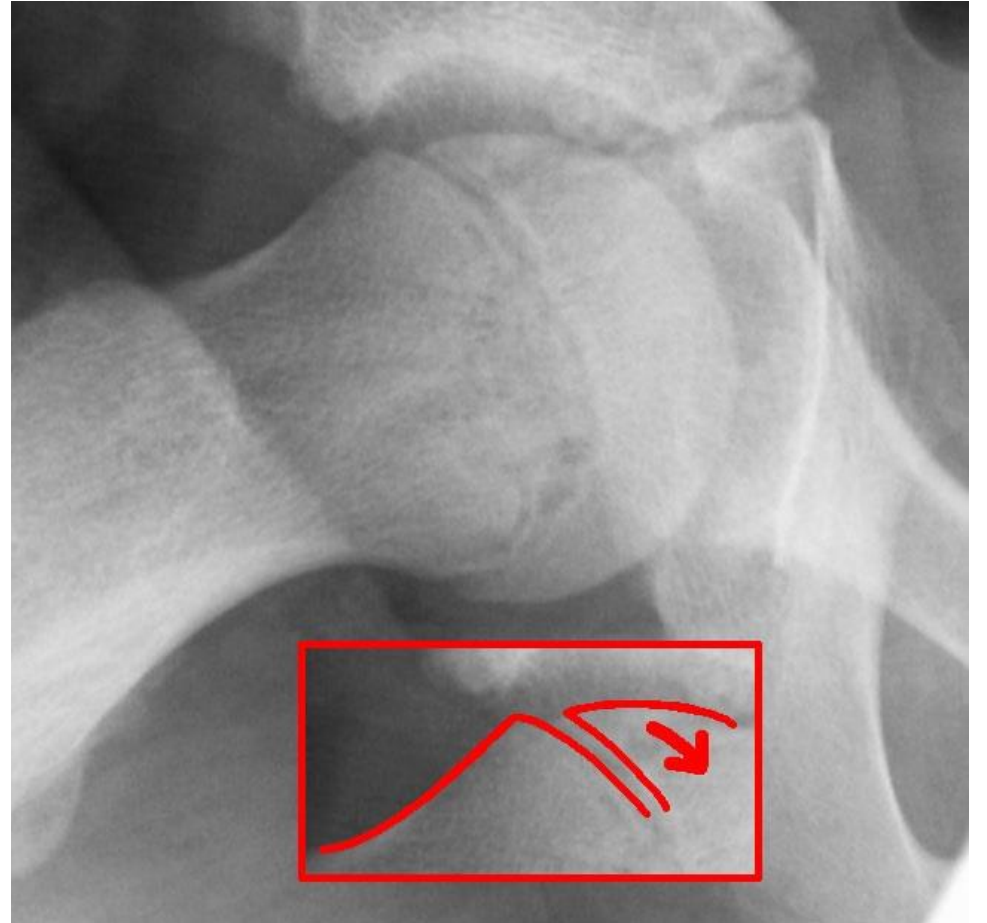
5 cm



Dysplasia

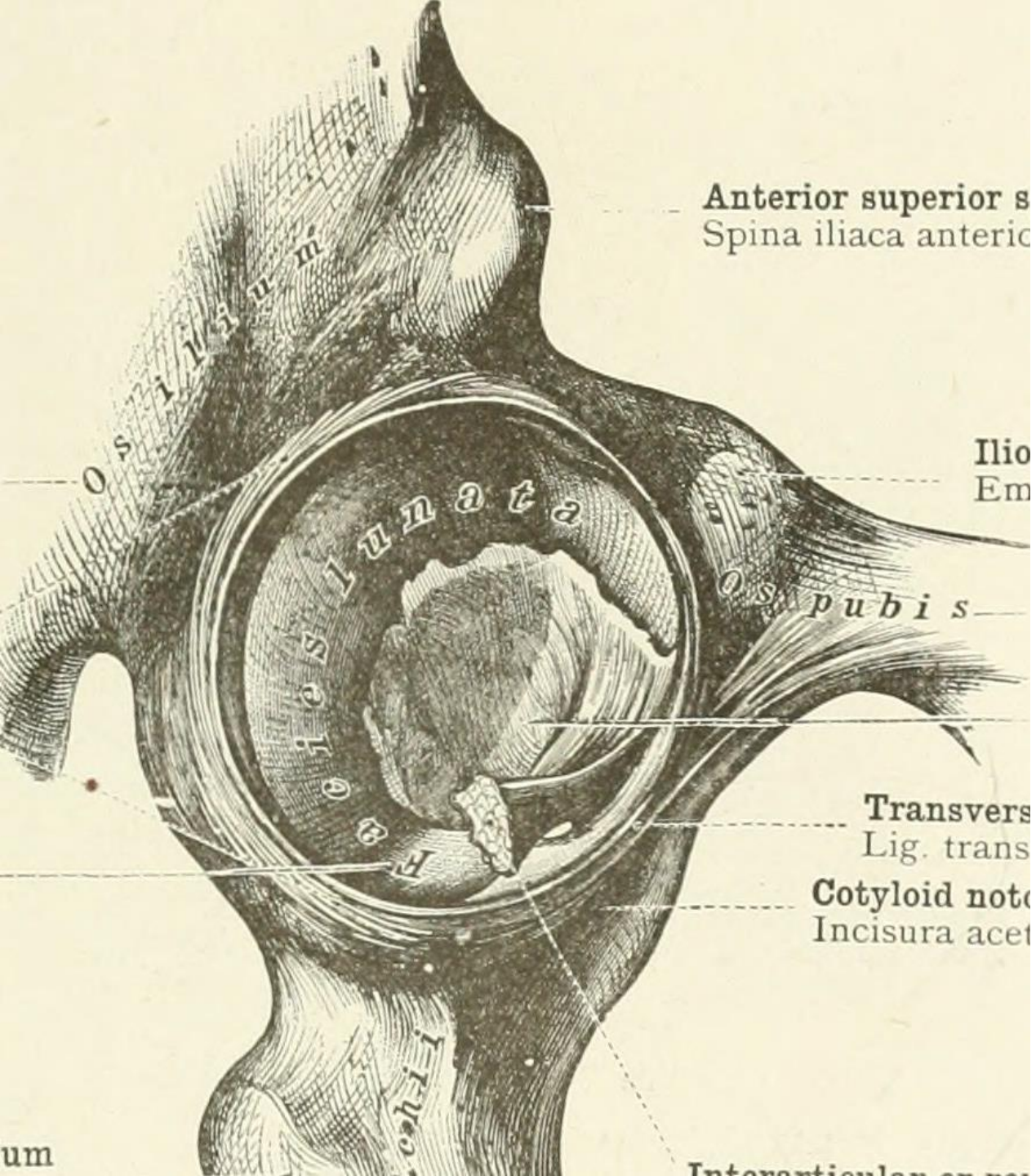


SCFE



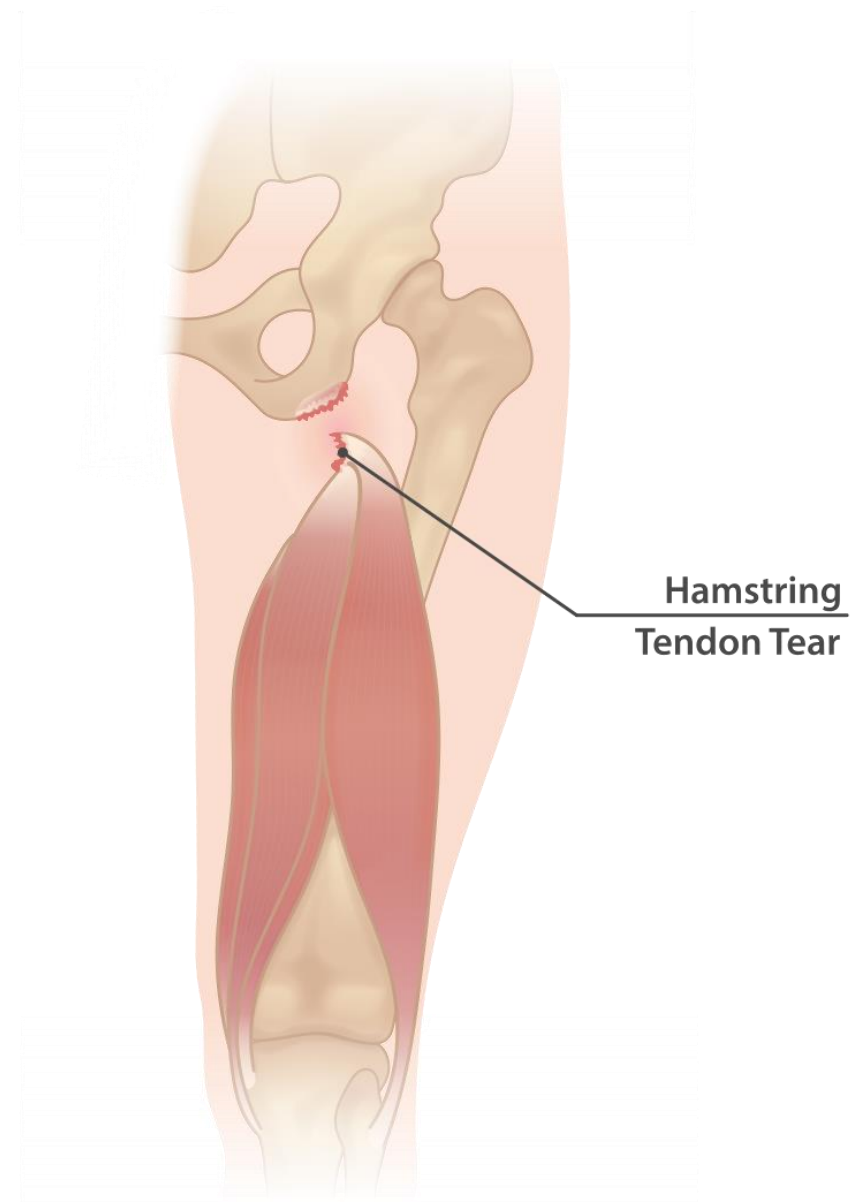
LCP





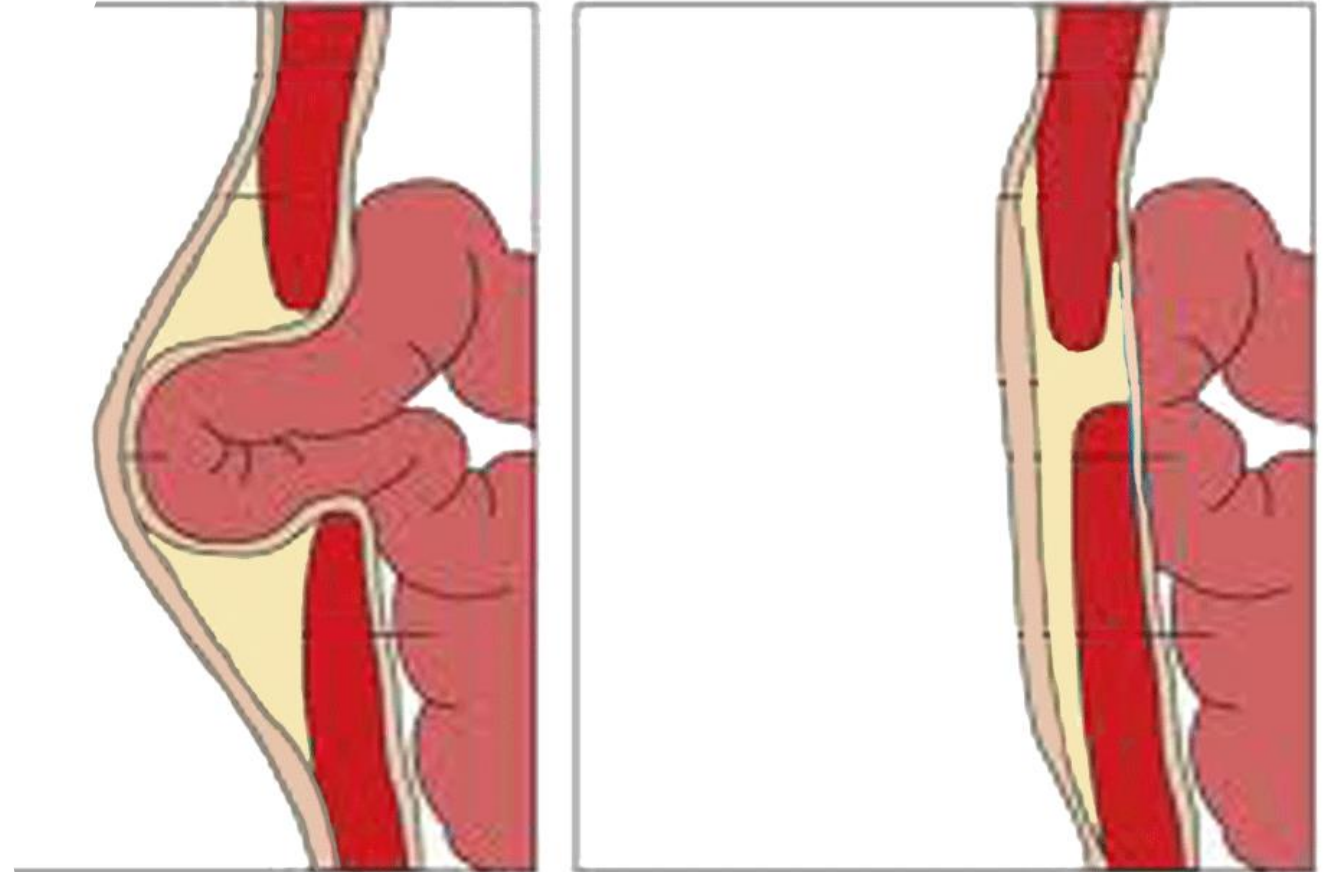
Labral tear

Strain

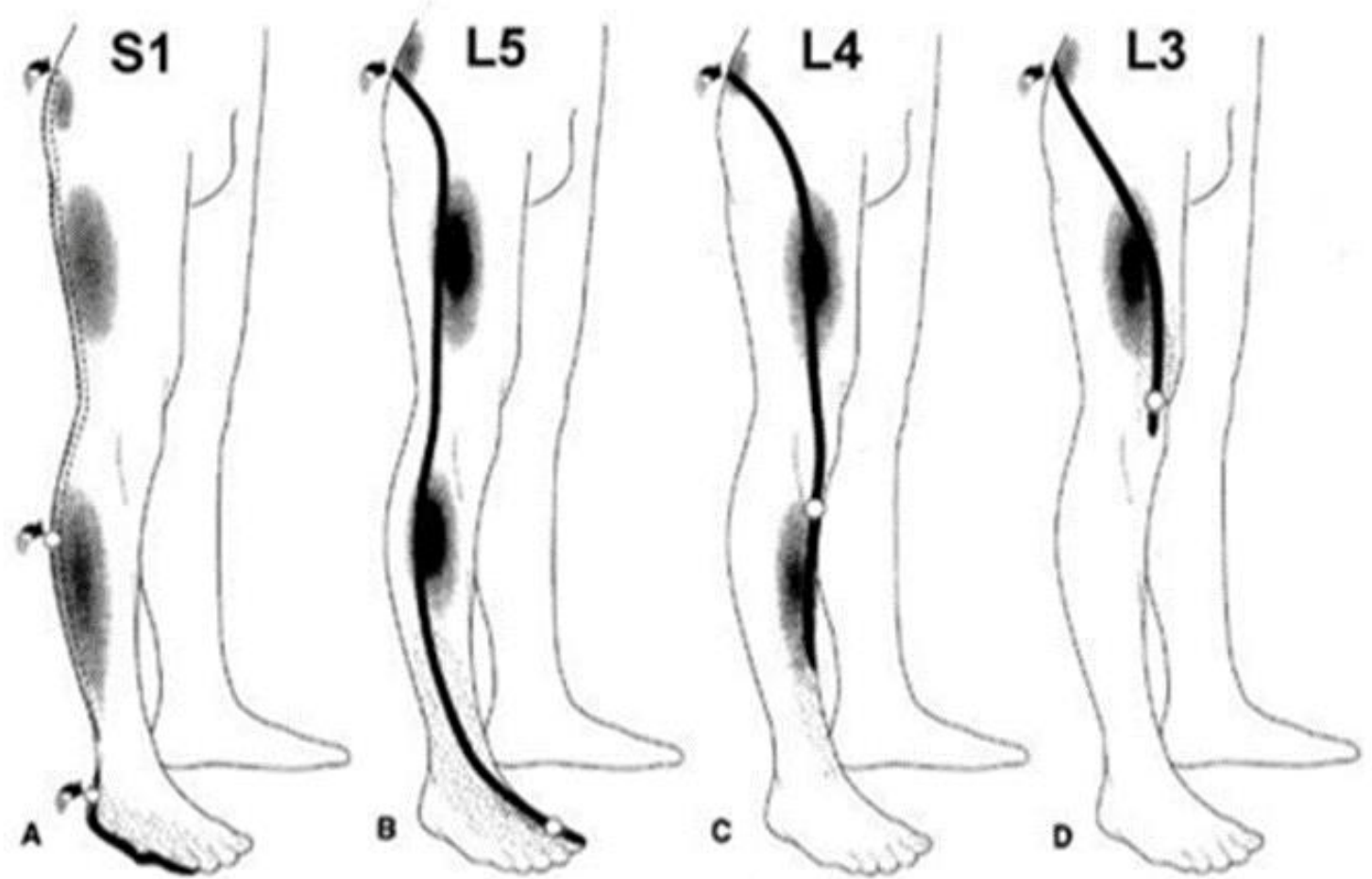


Differential Dx

- Radiculopathy
- Pelvic fracture
- Sports hernia
- Inguinal hernia
- Meralgia paresthesia
- SI Joint
- Antepartum pain
- Avascular necrosis

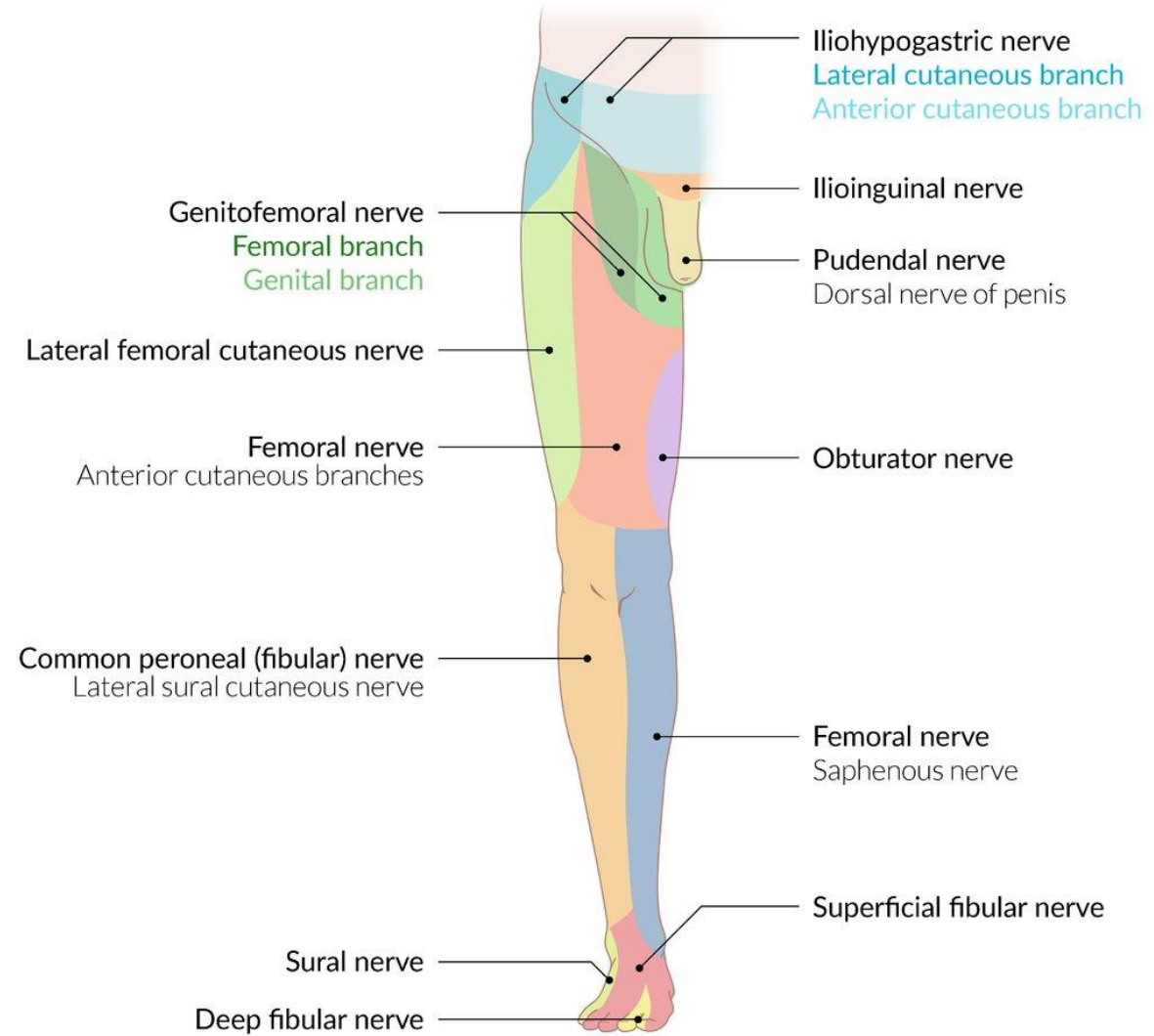


Radiculopathy



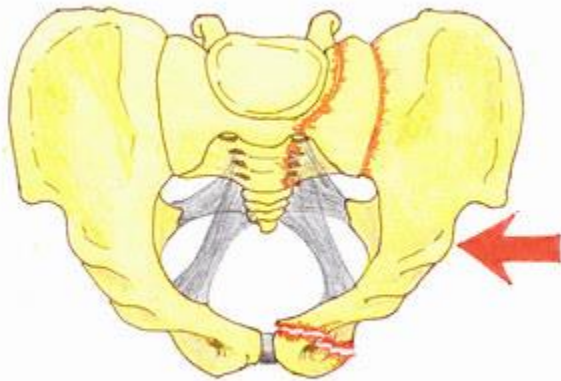
The thick black line represents the sharp radiating radicular pain with a dermatomal pattern. The dotted lines indicate the location of the numbness or tingling sensations

Differentiate



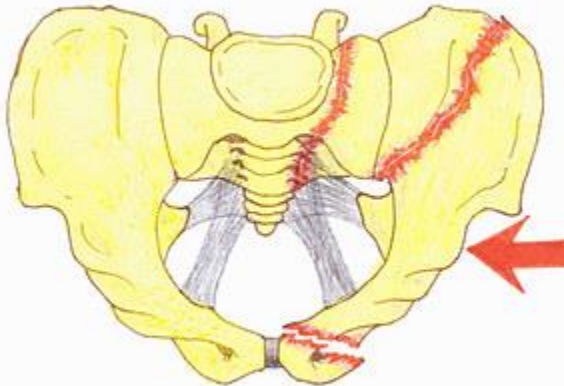
Pelvic Fracture

iEM



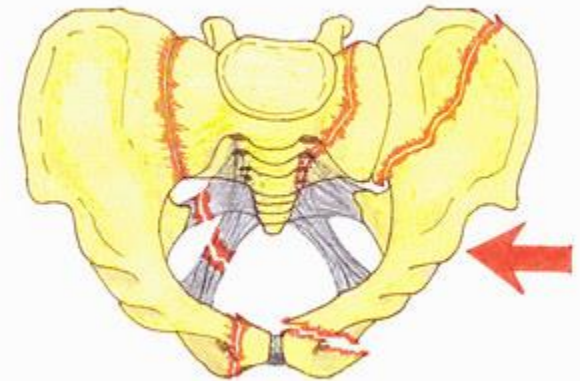
Courtesy of Muhammed Melik Candar

iEM



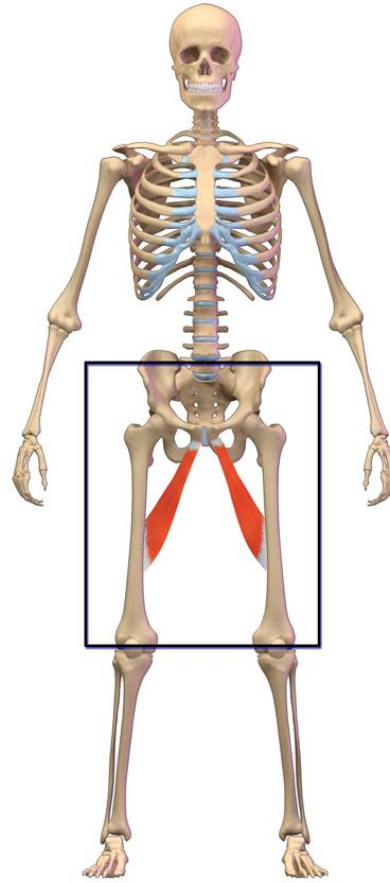
Courtesy of Muhammed Melik Candar

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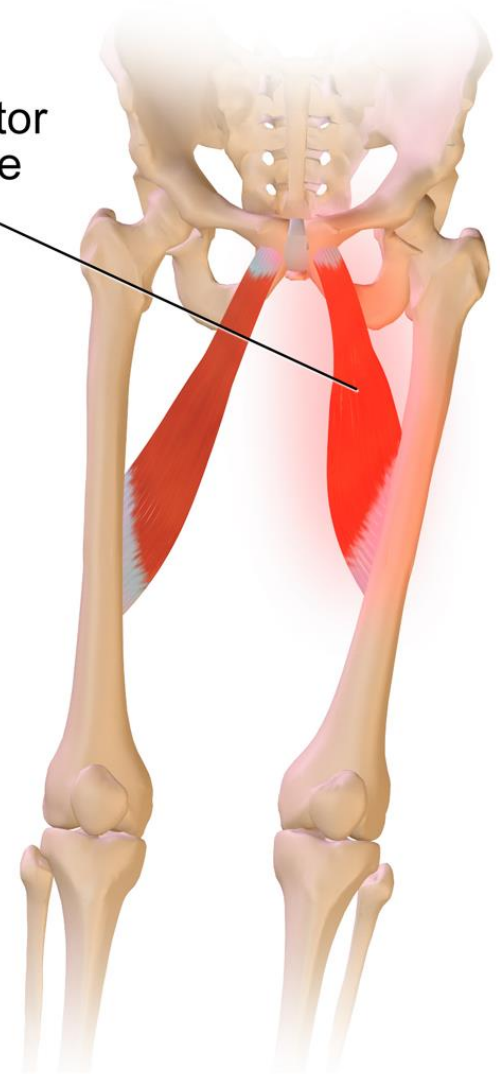


Courtesy of Muhammed Melik Candar

Sports Hernia

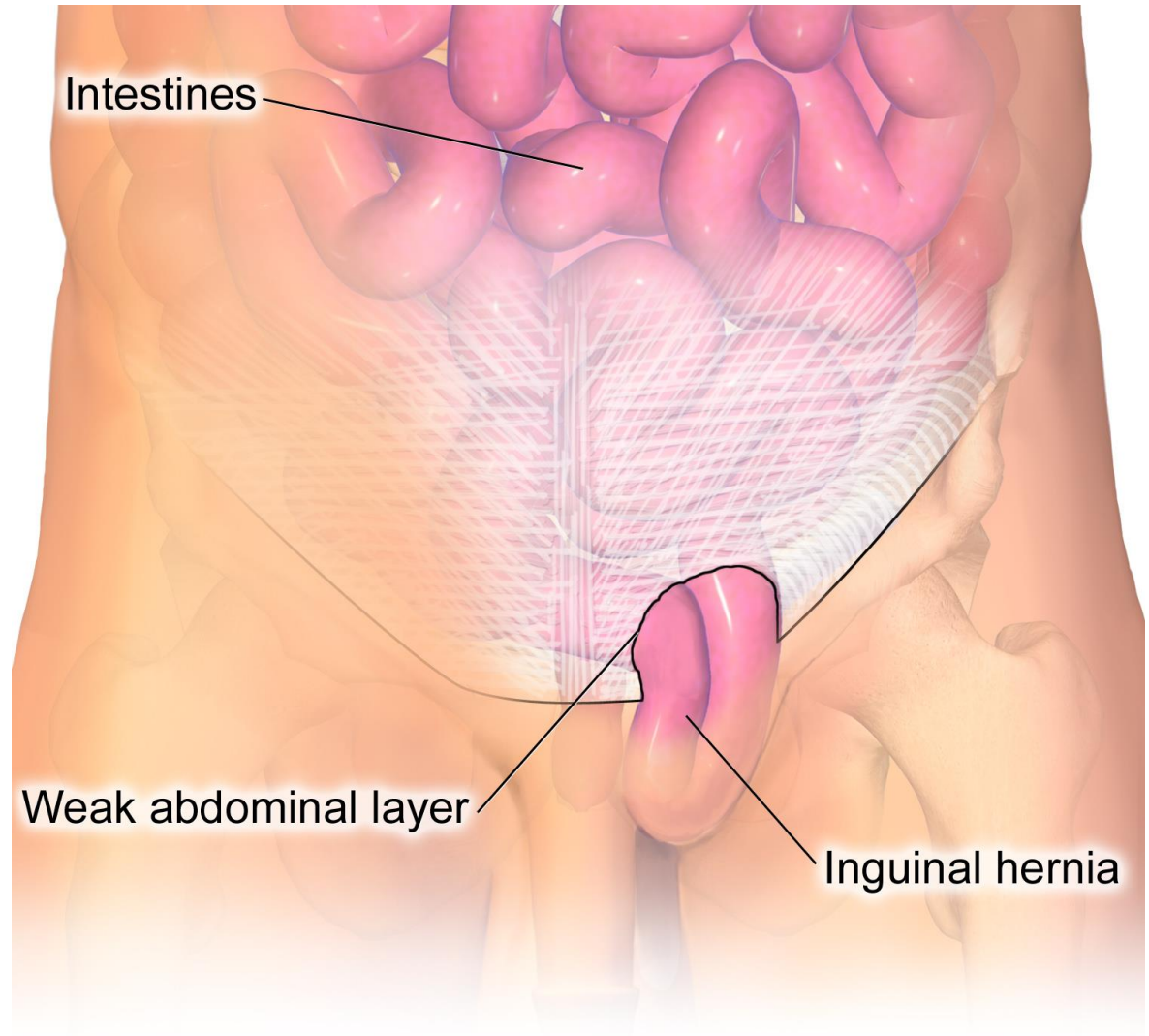


Pulled adductor longus muscle



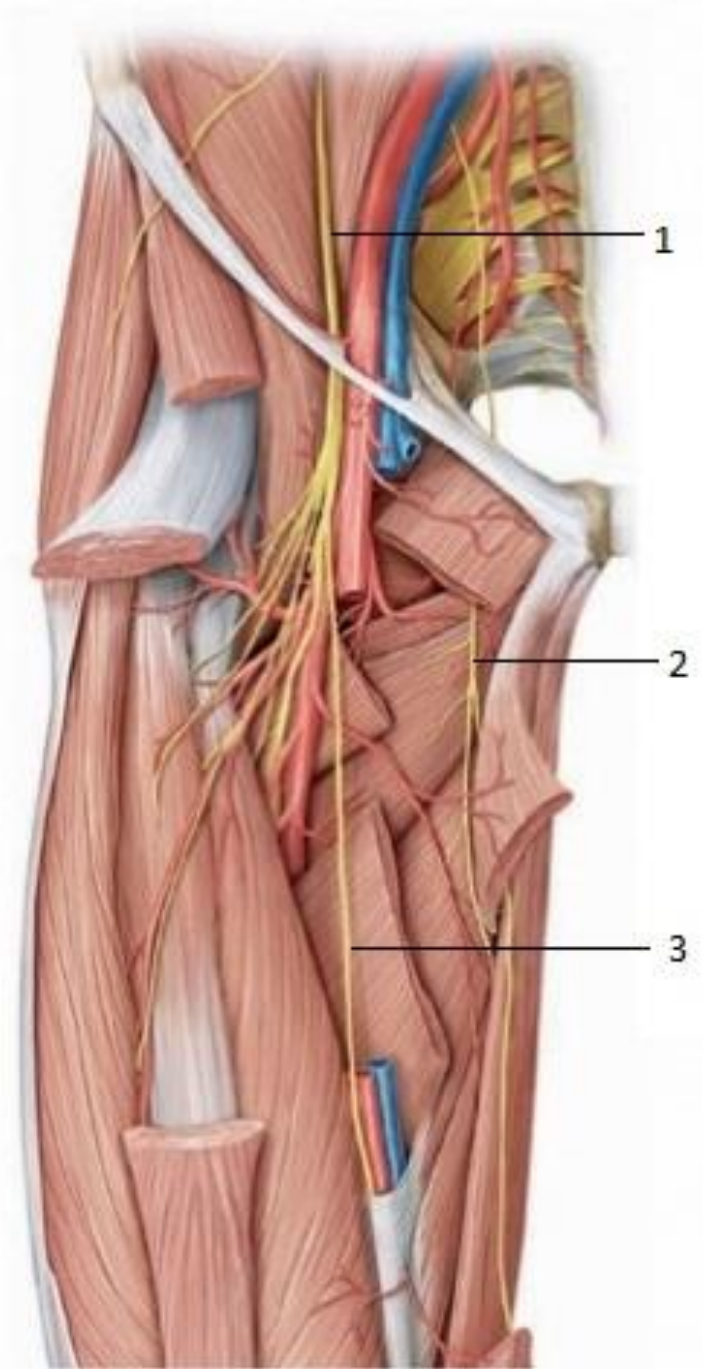
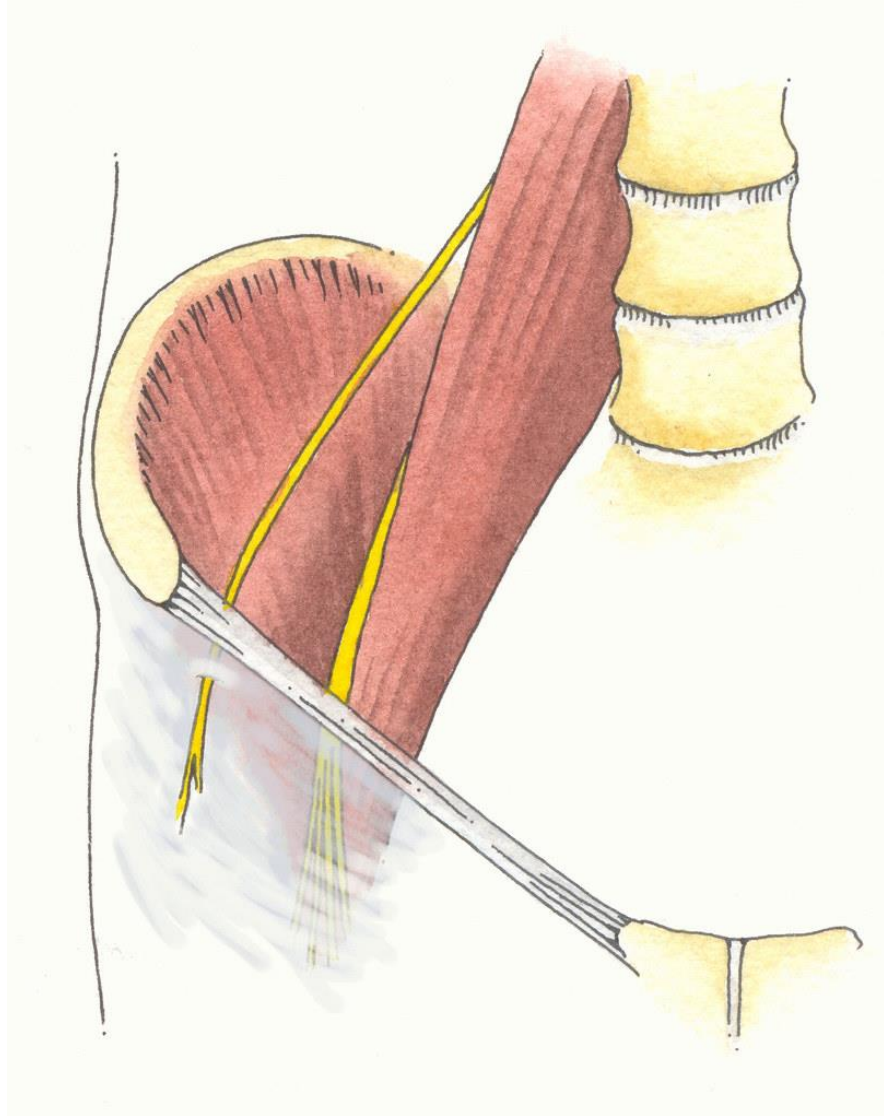
Pulled Groin Muscle

Inguinal Hernia

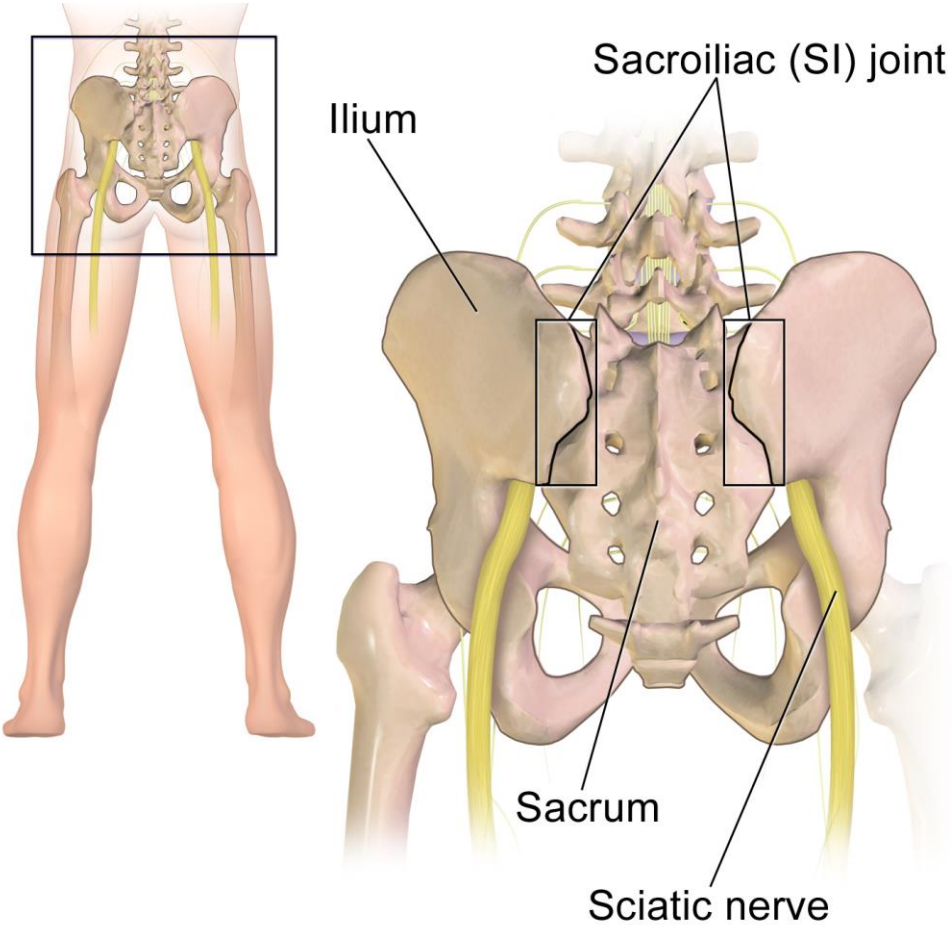


Inguinal Hernia

Meralgia paresthetica



SI Joint



Sacroiliac Joint



33 weken

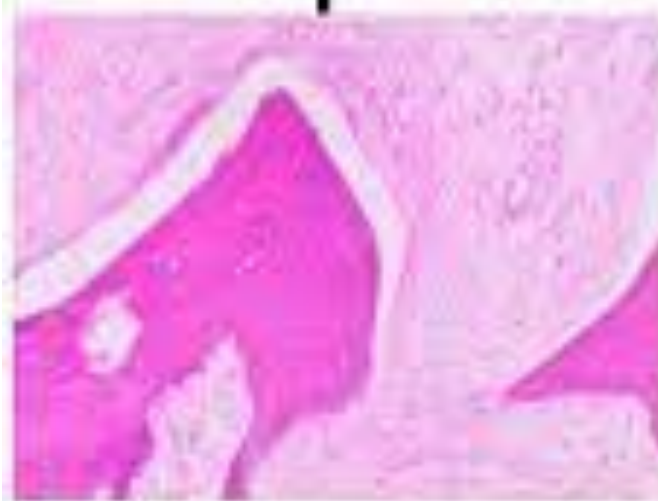


Antepartum pain

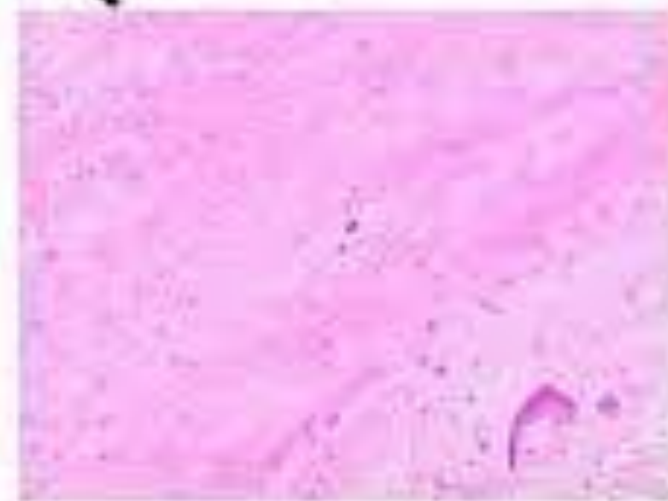
Avascular necrosis



Cartilage loosening



Reactive zone



Zone of cell death

Question 1

- Patient is a 60-year old male who complains of hip pain. Imaging reveals the presence of bony growth on the femoral neck and osteophyte formation on the acetabular rim. The patient only reports pain during specific activities and does not have pain after periods of inactivity or in the morning. What exercise would be the **MOST** likely to cause this patients pain?

1. Squatting
2. Walking down hill
3. Treadmill walking
4. Hip bridging

Question 2

- Patient reports having a burning pain on their thigh that makes even wearing a pair of jeans difficult and uncomfortable. Patient reports just recovering from a surgical procedure where they had to lie on their side for several hours prior to this pain beginning. What intervention would be the **MOST** appropriate for this case?
 1. Tibial nerve flossing
 2. Massage of the vastus lateralis
 3. Psoas stretching in Thomas position
 4. Compression of inguinal ligament

Question 3

- An 85-year old female is recovering from a hip fracture after falling down on a concrete surface 2 weeks ago. The hip fracture was treated with an open reduction internal fixation surgery and patient was made weight bearing as tolerated. Which outcome will be the **MOST** important for the patient to achieve first?
 1. Weight bear at least 51% on the surgical limb
 2. Develop hip extension strength of at least 3/5
 3. Achieve 10 degrees of hip passive hip extension
 4. Balance on a single leg for 10 seconds

Question 4

A patient reports a shooting pain that travels from the buttock down to the outside of the foot. In order to determine the source of the symptoms, what test must be performed to **BEST** rule out the lumbar spine as the source of the symptom?

1. Straight leg raise
2. Slump test
3. Neuro screen (reflexes/derm/myo)
4. FABER test

Question 5

- A patient reports participating in a series of hockey games and now has pain in the groin. If the patient has a sports hernia, what test would **MOST** likely be positive?
 1. Turn head and cough test
 2. Palpation of the pubic tubercle
 3. Resisted hip flexion
 4. Pain with urination



Feedback? Let Us Know!



We would love to get your general feedback on today's session and ideas for subject matter for future Spotlight Sessions!





SPOTLIGHT *Series*

**Good Luck and Thanks for Tuning
In!**

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