



Dr Oliver Khoo – GP Hip Assessment Checklist

Patient Details

Name: _____

Age: _____ Occupation: _____

Relevant hobbies / activity level: _____

History

Mechanism of Injury (MOI):

- ☐ Traumatic
- ☐ Insidious onset
- ☐ Sport-related
- ☐ Work-related
- ☐ No clear trigger

Date of Onset / Injury: _____

Previous injuries or surgery to area?

- ☐ No
- ☐ Yes. Details: _____

Pain:

- ☐ Location: _____
- ☐ Onset: Gradual / Sudden
- ☐ Severity (0–10): _____
- ☐ Character (e.g. sharp, aching): _____
- ☐ Aggravating factors: _____
- ☐ Relieving factors: _____
- ☐ Night pain: ☐ Yes ☐ No
- ☐ Radiation? (groin / buttock / thigh): _____

Function:

- ☐ Difficulty walking
- ☐ Affects ADLs
- ☐ Difficulty with stairs
- ☐ Getting in/out of car
- ☐ Putting on socks/shoes
- ☐ Sleep disturbed

Work capacity:

- ☐ Off work
- ☐ Modified duties
- ☐ Full duties

Relevant PMHx / Medications:

Examination

Side affected: ☐ Left ☐ Right

Gait:

- ☐ Normal ☐ Antalgic ☐ Trendelenburg positive

Inspection:

- ☐ Scars ☐ Leg length discrepancy
- ☐ Muscle wasting

Palpation:

- ☐ Local tenderness (ASIS / greater trochanter / groin)
- ☐ Reproducible pain

ROM (at 90° hip flexion):

- ☐ Internal rotation: _____ °
- ☐ External rotation: _____ °
- ☐ Pain with ROM?

Special Tests:

- ☐ FABER (hip/SIJ): Positive / Negative
- ☐ FADIR (impingement): Positive / Negative
- ☐ Thomas test (hip flexor tightness): Positive / Negative
- ☐ Abductor strength: 0–5 _____
- ☐ Back exam (to exclude referred pain): Normal / Abnormal
- ☐ Neurovascular exam: Intact / Deficit

Investigations (if indicated)

- ☐ Pelvic / AP hip X-ray
- ☐ Lumbar spine X-ray (if suspected referred pain)
- ☐ Hip ultrasound (if suspected trochanteric bursitis)
- ☐ MRI hip (if labral tear / intra-articular concern)

Referral Considerations

- ☐ Physiotherapy trial attempted?
- ☐ Diagnostic injection done?
- ☐ Functionally limiting / fails conservative therapy?

This tool supports clinical assessment and referral preparation. For referrals to Dr Khoo, include key findings or attach this form.