

Supine Hip Extension

Equipment:

Firm surface for patient to lie supine

Purpose:

Assess the hip extensor muscles without placing the patient in the prone position.
Assess the ability of the gluteal muscles to stabilize the pelvis



Procedure:

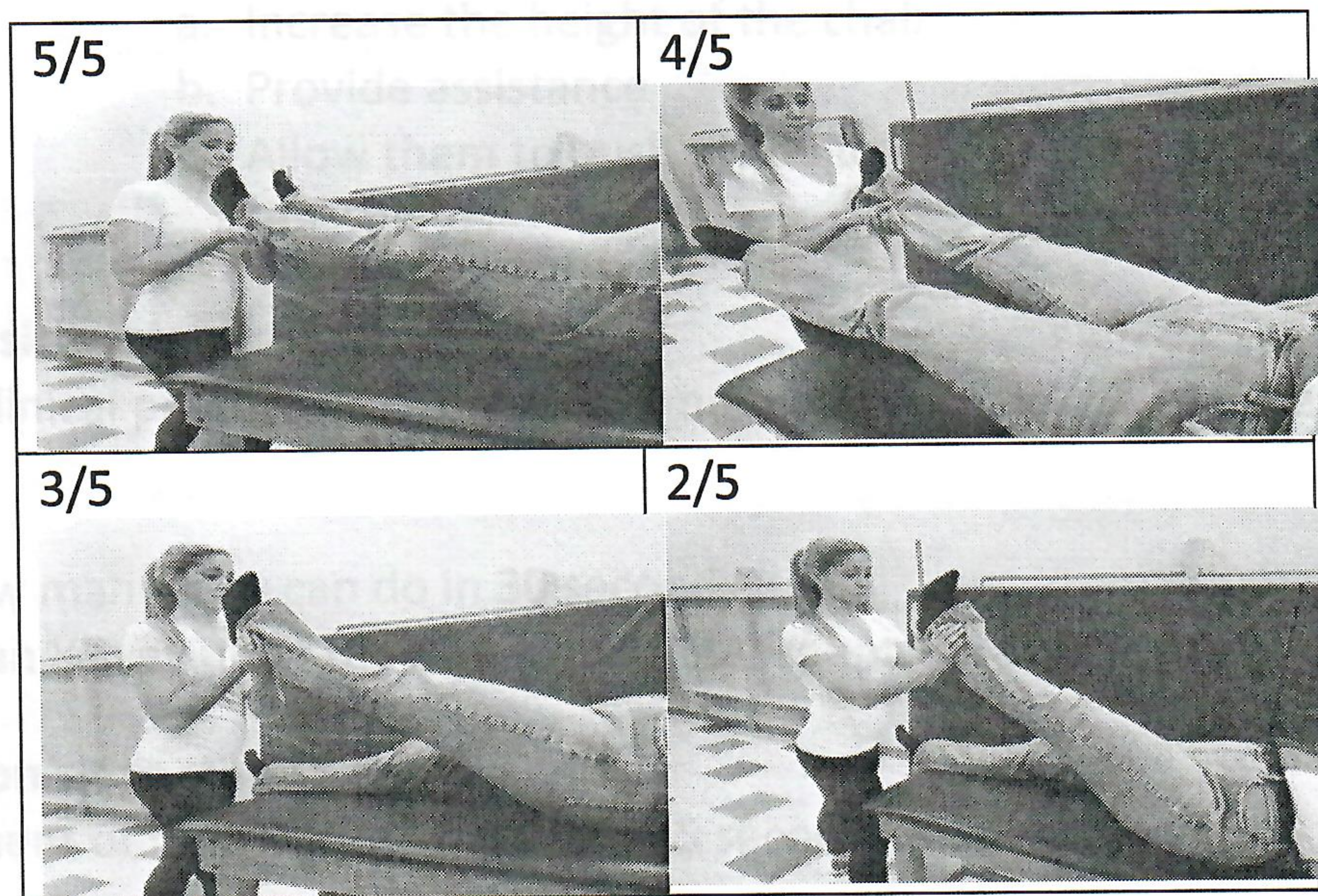
1. Passively raise the testing leg to achieve a minimum of 45 degrees of hip flexion (approximately 36" from surface) assess for flexibility,
2. Lower the leg back to the surface and place both hands under the heel (see above picture)
3. Instruct the patient to keep the hip locked and push their foot into the examiner's hand, "Don't let me lift t
4. No instructions are given for the opposite leg
5. Examiner observes the pelvis on both sides to grade the test leg hip extensors.

Scoring;

- 5/5: Pelvis is stable across both sides resulting in both hips coming off the surface & locked hips
- 4/5: Test hip is not locked initially but catches up and pelvis rises, pelvis could be tipped to either side or delayed elevation
- 3/5: Test hip is not locked; good resistance is felt, pelvis not stable across both sides so pelvis does not rise or minimally
- 2/5: minimal resistance felt, hip flexes, pelvis does not rise
- 0/5: no contraction felt.

Perry, et al, 2004

Record score for each leg: Right _____ Left _____



Time _____