

Screening and Referral Tools (SRTs) TRAUMATIC and ACUTE HIP PAIN

Soldier Reports With Traumatic or Acute Hip Pain

RED FLAGS:
(Consider call Ortho to discuss positive Red Flag findings)

Fracture
- Trauma

Stress Fracture
- Pain in hip, groin, thigh, or knee pain with weight bearing
- Sudden increase in pre-existing pain
- ROM - limited or painful, particularly in internal rotation

Infection
- Acute pain with fever
- History of previous infection
- Pain with axial loading

Yes

**X-Ray - AP Hip and Pelvis and Frog Leg Lateral Profile*
Crutches (TTWB)**

Positive?

Yes

Call Ortho TODAY to discuss management

No

Imaging NOT Ordered

- **Consider** Bone Scan or MRI (see Imaging Guidelines)
- Profile* - until results received
- Crutches (TTWB)

Imaging Ordered

Positive?

Yes

- *Profile 7 - 10 days
- Crutches if limping (WBAT)
- Tylenol/NSAIDs PRN
Referrals:
7-10 day referral to PT, Sports Med., or Ortho, as indicated

No

Evaluate
(+) Limping
(+) Thomas Test
(+) FABER or Scour

Yes

- **Consider** X-Rays (AP hip/pelvis and frog leg lateral) (if none previously)
- **Consider** Bone Scan or MRI (see Imaging Guidelines)
- Profile* 7 - 10 days
- Crutches if limping (WBAT)
- Tylenol/NSAIDs
- **Referrals:**
7 - 10 day referral to PT, Sports Med., or Ortho, as indicated

No

- Profile* 7 - 10 days
- Tylenol/NSAIDs PRN
- Re-evaluate - 10 days

Symptoms Persist?

Mostly Resolved

- Duty Specific Profile PRN
- Tylenol/NSAIDs PRN
- RTD end of profile anticipated

Yes

***PROFILE**
No running, jumping, road marching, ruck sack, body armor, crawling, squatting, dangling, sit-ups or push ups; to use crutches at all times. May fire M-16 with assistance from Drill Sergeant to carry weapon on/off range, position in/out of fox-hole, and appropriate firearm safety precautions (e.g. Do not carry loaded weapon while using crutches).

IMAGING GUIDELINES
(a) Pain > 72 hours - order bone scan
(b) Pain < 72 hours - order MRI
NOTE: Facilities without bone scan and MRI capability - order MRI

SPECIAL TESTS

Thomas Test: Tests for possible labral tear and hip flexor tightness. Clicking indicates possible labral tear.
FABER and Scour Tests: These tests are used to identify general hip dysfunction.

References

Adkins, SB, Figler RA. Hip Pain in Athletes. *Am Fam Physician*. 2000 Apr 1;61(7):2109-18.

Magee, David J. Orthopedic Physical Assessment. WB Saunders Co, Philadelphia, PA, January 15, 1997.

O'Kane, JW. Anterior Hip Pain. *Am Fam Physician*. 1999 Oct 15;60(6):1687-96.

Zimmy, NJ. Clinical Reasoning in the Evaluation and Management of Undiagnosed Chronic Hip Pain in Young Adult. *Phys Ther*. 1998 Jan; 78(1) 62-73.