Patient Name		Age		
Date of Birth		Gender	Male	Female
Surgery Details				
Date of Surgery				
Surgeon Name				
Examiner Name		Examination Date		

HIP STAGE 1 – 2 SCREENING (Arthroscopy)
Scoring sheet

TEST		RAW SCORE	FINAL SCORE	COMMENTS
HURDLE STEP *score allocation*		L		
		R		
Performs movement correctly without any compensation	3			
Able to complete movement, compensates to complete the fundamental movement	2			
Unable to complete the test or assume the movement pattern	1			
Pain felt during test in any part of the body	0			
BALANCE *score allocation*		L		
		R		
≥ 30 seconds (no pain)	1			
< 30 seconds (with or without pain)	0			
¼ ONE LEG SQUAT *score allocation*		L		
		R		
Performs movement correctly without any compensation	3			
Able to complete movement, compensates to complete the fundamental movement	2			
Unable to complete the test or assume the movement pattern	1			
Pain felt during test in any part of the body	0			
TOTAL				

RAW SCORE: This denotes right and left side scoring
FINAL SCORE: This denotes the overall *lowest score of the raw scores*
TOTAL: This is the sum of all the final scores
Total score ≥ 5 points may be advanced to STAGE 2 of rehabilitation protocol

Patient Name		Age	
Date of Birth		Gender	Male	Female
Surgery Details			
Date of Surgery			
Surgeon Name			
Examiner Name		Examination Date	

HIP STAGE 2 – 3 SCREENING (Arthroscopy)

Scoring sheet

TEST	RAW SCORE	FINAL SCORE	COMMENTS
OVERHEAD DEEP SQUAT *score allocation*			
Performs movement correctly without any compensation — 3			
Able to complete movement, compensates to complete the fundamental movement — 2			
Unable to complete the test or assume the movement pattern — 1			
Pain felt during test in any part of the body — 0			
HURDLE STEP *score allocation*	L R		
Performs movement correctly without any compensation — 3			
Able to complete movement, compensates to complete the fundamental movement — 2			
Unable to complete the test or assume the movement pattern — 1			
Pain felt during test in any part of the body — 0			
BALANCE *score allocation*	L R		
≥ 60 seconds (no pain) — 1			
< 60 seconds (with or without pain) — 0			
¼ ONE LEG SQUAT *score allocation*	L R		
Performs movement correctly without any compensation — 3			
Able to complete movement, compensates to complete the fundamental movement — 2			
Unable to complete the test or assume the movement pattern — 1			
Pain felt during test in any part of the body — 0			
TOTAL			

RAW SCORE: This denotes right and left side scoring **FINAL SCORE**: This denotes the overall *lowest score of the raw*
TOTAL: This is the sum of all the final scores *scores*
Total score ≥ 7 points may be advanced to STAGE 3 of rehabilitation protocol

HIP STAGE 3 – 4 SCREENING (Arthroscopy)

Scoring sheet

Patient Name			**Age**	
Date of Birth			**Gender**	Male | Female
Surgery Details				
Date of Surgery				
Surgeon Name				
Examiner Name		**Examination Date**		

TEST	RAW SCORE	FINAL SCORE	COMMENTS
OVERHEAD DEEP SQUAT	L		
	R		

score allocation

Performs movement correctly without any compensation	3
Able to complete movement, compensates to complete the fundamental movement	2
Unable to complete the test or assume the movement pattern	1
Pain felt during test in any part of the body	0

HURDLE STEP	L		
	R		

score allocation

Performs movement correctly without any compensation	3
Able to complete movement, compensates to complete the fundamental movement	2
Unable to complete the test or assume the movement pattern	1
Pain felt during test in any part of the body	0

STEP DOWN	L		
	R		

score allocation

Performs movement correctly without any compensation	3
Able to complete movement, compensates to complete the fundamental movement	2
Unable to complete the test or assume the movement pattern	1
Pain felt during test in any part of the body	0

Y-BALANCE / BIODEX BALANCE	L		
	R		

score allocation

Y-Balance distance < 10cm OR BIODEX Balance < 3.9	2
Y-Balance distance ≥ 10cm OR BIODEX Balance ≥ 3.9	1
Pain felt during test in any part of the body	0

TOTAL	

RAW SCORE: This denotes right and left side scoring   **FINAL SCORE**: This denotes the overall *lowest score of the raw*
TOTAL: This is the sum of all the final scores   *scores*
Total score ≥ 9 points may be advanced to STAGE 4 of rehabilitation protocol