

APPENDIX L

Steps taken for measuring hip joint position sense:

- Place the subject in the prone position, and place a strap around the posterior superior iliac spines to prevent pelvic movement.
- Place the hip to be measured in 0 degrees abduction while the contralateral hip is abducted 30 degrees.
- Flex the knee of the hip to be measured to 90 degrees and attach the inclinometer just below the ankle.
- Ensure that the tibia is aligned at 90 degrees, and zero the sensor.
- Ask the subject to slowly externally rotate their hip. When they reach 10 degrees ask the subject to stop and inform them that that is 10 degrees. Wait 5 seconds. Continue external rotation until 20 degrees and again ask the subject to stop and inform them of this. Wait 5 seconds.
- Ask the subject to return their leg to 90 degrees and then ask them to straighten and bend their knee a few times.
- Flex the knee and ensure that the tibia is aligned at 90 degrees, and zero the sensor. Be sure to only touch the subject's foot.
- Again ask the subject to slowly externally rotate their hip, but ask them to stop when they think they have reached 10 degrees. Record the reading on the sensor. Continue external rotation until they think they have reached 20 degrees. Record the reading on the sensor.
- Repeat using hip internal rotation.