

Hip Mobility Self-Assessment Worksheet for Basic Axial Rotation

Use a sliding scale of 1 to 5 to grade YOUR degree of rotation for both sides.

* Record your assessment results below for both turning the hip inward (internal) and outward (external).

* Choose the number that best represents how you feel.

* NOTE: It is NORMAL to have MORE external (outward rotation) than internal (inward past 90 deg) when looking at this axial rotation motion.

* The movement where you feel the least comfortable is where you have your greatest area of opportunity to improve!



For Your Right Hip		
	Inward rotation	Outward rotation
1 - I have lots of freedom to move here.		
2		
3 - I feel moderately restricted here.		
4		
5 - I am very limited in rotation in this direction!		
For Your Left Hip		
	Inward rotation	Outward rotation
1 - I have lots of freedom to move here.		
2		
3 - I feel moderately restricted here.		
4		
5 - I am very limited in rotation in this direction!		