

Hip Mobility Self-Assessment Worksheet for Standing Hip CARs

Use a sliding scale of 1 to 5 to grade YOUR hip joint range of motion for both sides.

Record your assessment results below for each phase of Standing Hip CARs.

Choose the number that best represents how you feel.

The least comfortable position is where you have your greatest area of opportunity to improve! Spend the most amount of time there in the beginning of your training. Adjust as you improve.



For Your Right Hip						
1st position	2nd position	3rd position	4th position	5th position	6th position	
Bringing the thigh up (flexion)	Moving the thigh to the side	Turning the knee inward (internal)	Rotating the hip around (extension)	Turning the knee out (external)	Returning to the start	
1 - easy and comfortable.						
2						
3 - moderately challenging.						
4						
5 - uncomfortable if not impossible.						
For Your Left Hip						
1st position	2nd position	3rd position	4th position	5th position	6th position	
Bringing the thigh up (flexion)	Moving the thigh to the side	Turning the knee inward (internal)	Rotating the hip around (extension)	Turning the knee out (external)	Returning to the start	
1 - easy and comfortable.						
2						
3 - moderately challenging.						
4						
5 - uncomfortable if not impossible.						