

## Red Flags for Potential Serious Conditions in Patients with Pelvic, Hip, or Thigh Problems

<b>Red Flags for the Pelvis, Hip, and Thigh Region</b>		
<b>Condition</b>	<b>Red Flag Data obtained during Interview/History</b>	<b>Red Flag Data obtained during Physical Exam</b>
Colon Cancer <sup>1</sup>	Age > 50 years old Bowel disturbances (e.g., rectal bleeding, black stools) Unexplained weight loss History of colon cancer in immediate family Pain unchanged by positions or movement	Later stages: may have hypo- or hyperactive bowel sounds from obstruction Possible tenderness to palpation of abdomen in area of cancer May have ascites First sign may be of metastases to liver, lung, bone, or brain
Pathological Fractures of the Femoral Neck <sup>2,3</sup>	Older females (>70 years) with hip, groin, thigh or knee pain History of a fall from a standing position	Severe, constant pain – worse with movement A shortened and externally rotated lower extremity
Osteonecrosis of the Femoral Head <sup>4</sup> (aka Avascular Necrosis)	History of long-term corticosteroid use (e.g., in patients with RA, SLE, asthma) History of AVN of the contralateral hip Trauma	Gradual onset of pain; may refer to groin, thigh, or medial knee; worse with weight-bearing Stiff hip joint; restrictions primarily in IR, flexion, adduction
Legg-Calve-Perthes Disease <sup>5</sup>	5-8 year old boys with groin/thigh pain	Antalgic gait Pain complaints aggravated with hip movement, especially hip abduction and internal rotation
Slipped Capital Femoral Epiphysis <sup>6</sup>	Overweight Adolescent History of a recent growth spurt or trauma	Groin aching exacerbated with weight-bearing Involved leg held in external rotation ROM limitations of hip internal rotation
Septic Hip Arthritis <sup>7</sup>	Child or older adult with vague hip aching who had a recent bacterial infection	Unwillingness to weight bear on or move the involved hip
Inguinal hernia <sup>8</sup>	Pain in groin, and/or scrotum in males Consider “sports hernia” (internal disruption of the inguinal canal) in an athlete with unresolving groin pain	Sx’s exacerbated by coughing, sneezing or resisted sit-up Tenderness in area of inguinal canal
Appendicitis <sup>9</sup>	RLQ pain, then nausea and vomiting Retrocecal appendix may refer pain to right thigh or testicle	Abdominal rigidity, rebound tenderness Positive McBurney’s point Positive Psoas and Obturator sign
Ovarian Cyst <sup>10</sup>	Female of childbearing age Sudden, severe abdominal or pelvic pain Menstrual irregularities and pain	

### References:

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