

— FWD ASSIST HQ —

FIELD GUIDE

Filing a Hip Claim

File a complete hip claim built on your range of motion, whether direct or secondary.



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A FWD Assist HQ Field Guide

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By J. Erickson | An FWD Assist HQ Field Guide | Publisher: FWD Assist HQ | First Edition, 2026

This guide is education, not representation. It explains how part of the VA system works so you can handle your own business with confidence. It is not legal or claims advice, and reading it does not create any representative relationship between you and the author. The author is not affiliated with the Department of Veterans Affairs, and nothing here is endorsed by the VA.

This guide prints no live VA dollar figures and no rating percentages on purpose, because they change. Before you make a decision based on any number, check the current figure at va.gov. No book can promise you a rating; the evidence in your file decides the result. Help from an accredited Veterans Service Officer is always free.

In crisis? Call the **Veterans Crisis Line**: dial **988**, then press **1**. You can also text **838255** or chat online at veteranscrisisline.net. It is free, confidential, and available 24/7.

Filing a Hip Claim

File a complete hip claim built on your range of motion, whether direct or secondary.

Companion to *VA Back, Knee, and Joint Claims Guide*.

This is general education, not legal or claims advice, and not guidance for your specific claim. It cannot promise you a rating or an outcome, and no one can. For help with your own claim, see a free accredited representative (see [the back of this guide](#)). Nothing here creates a representative relationship.

Current as of October 2026. Rules, forms, and figures change. Check current details at va.gov.

THE BEST WAY TO USE THIS GUIDE

The strongest position is to be your own informed advocate and to work with a free accredited representative. An accredited Veterans Service Organization, such as the DAV, VFW, American Legion, or a county or state veterans office, helps at no charge. Accredited claims agents and attorneys can help too. They can't charge for work done before VA issues its initial decision on your claim, and after that they may charge a fee within the limits of 38 CFR 14.636. This guide is here so you understand your own situation and can work with them as a full partner instead of handing it over blind. If you'd rather handle this yourself, and you're comfortable doing that, the guide walks you through every step. Either way, you stay in control.

The Outcome and What You Need Before You Start

The outcome: By the end of this guide you'll file a hip claim on VA Form 21-526EZ that documents your lost motion in every direction and, where a provider links them, the back or knee problems the hip set off.

This guide prepares you for the task. It doesn't and can't promise a rating, a percentage, or an outcome. The evidence in your file decides the result.

WHAT YOU NEED BEFORE YOU START

- ☐ Internet access for VA.gov, or the VA phone line at 1-800-827-1000.
- ☐ A current hip diagnosis (for example arthritis, labral tear, impingement, or bursitis).
- ☐ Range-of-motion notes, X-rays, or an MRI.
- ☐ Records of the in-service injury, fall, or heavy-load strain.
- ☐ A note of any back or knee pain that followed the hip problem.
- ☐ Your VA file number, if you have one.

When to start: Today. Once VA has your Intent to File, you have one year to send the complete claim, and VA treats the claim as filed on the Intent to File date. If you file within a year of leaving service, the effective date can reach back to the day after discharge. Otherwise it's usually the date VA gets the claim (or the Intent to File date), or the date the condition arose if that's later.

Start Here: The Basics

VA rates the hip and thigh under Diagnostic Codes 5250 to 5255. They cover a fused (ankylosed) hip, limited extension, limited flexion, limited abduction, adduction, and rotation, a flail hip, and an injured femur. A hip replacement has its own code, DC 5054. The hip moves in several directions, so VA looks at each one, plus what you lose to pain, weakness, and flare-ups.

A painful hip can change how you walk, and the back or the other knee can take the strain. If a provider links that to the hip, it can be claimed as secondary. This guide prints no percentages. See how VA rates conditions at va.gov.

Where this is written down: 38 CFR § 4.71a; 38 CFR §§ 4.40, 4.45; 38 CFR § 3.310.

The Steps

STEP 1

Protect your effective date with an Intent to File.

How. Submit it online at va.gov/resources/your-intent-to-file-a-va-claim, call 1-800-827-1000, or mail VA Form 21-0966. Save the confirmation.

Where this is written down: 38 CFR § 3.155(b).

Done when you have a confirmation saved.

STEP 2

Get every direction of motion measured.

How. Ask the provider to measure flexion, extension, abduction, adduction, and rotation with a goniometer, not just one movement. Ask them to record where pain starts and any motion you lose after repeated use.

If the hip is fused, **then** make sure the record says whether it's ankylosed and gives the angle, because VA rates a fixed hip under a different code than limited motion.

Where this is written down: 38 CFR § 4.46; 38 CFR § 4.71a, DC 5250 to 5253.

Done when you have measurements for each direction the hip moves.

STEP 3

Connect the hip to service.

How. Write down the fall, the fracture, or the years under a heavy pack. Attach service treatment records if you have them.

If you had hip trouble before service and service made it worse, **then** ask a free accredited representative about the aggravation rules. **If** arthritis in the joint showed up to at least the lowest paying level within one year after you left active service, **then** ask a free accredited representative about the chronic-disease presumption. It can connect arthritis to service without a medical opinion.

Where this is written down: 38 CFR § 3.303; 38 CFR § 3.306; 38 CFR §§ 3.307(a)(3), 3.309(a).

Done when you've tied the hip to a documented in-service event or strain.

STEP 4

Decide whether to add the back or knee as secondary.

How. If your gait changed and your low back or other knee began to hurt, list it. A secondary claim needs a medical link to the hip.

If a provider will say the back or knee problem is at least as likely as not caused or made worse by the hip, **then** claim it as secondary and name the hip as the primary condition. **If** no provider sees a link, **then** talk it over with a free accredited representative first.

Where this is written down: 38 CFR § 3.310(a) and (b).

Done when you've listed any back or knee condition you're claiming and why.

STEP 5

Get the medical opinion.

How. Ask a provider to state whether the hip is at least as likely as not related to service, and whether any secondary condition was caused or made worse by the hip. VA may also get an opinion at your C&P exam.

Done when you have a written opinion for the hip and each secondary, or you know VA will get one.

STEP 6

File the 21-526EZ, describe the loss, and confirm it arrived.

How. Name the hip and any secondaries. Describe stairs, getting in and out of a vehicle, sitting through a shift, and your flare-ups. File online at [VA.gov](https://va.gov), or mail it to Department of Veterans Affairs, Claims Intake Center, PO Box 4444, Janesville, WI 53547-4444. About 10 days later, check VA.gov or call 1-800-827-1000 to confirm every document is in your file.

Done when the claim is filed with a clear description of daily loss and you've confirmed VA has everything.

STEP 7

Get ready for the C&P exam VA schedules.

How. The examiner should measure each direction with a goniometer, test for pain on active and passive motion and with and without weight on the leg, and compare the other hip if it's undamaged. Describe your flare-ups honestly: how often, how long, and what you can't do during one.

Where this is written down: 38 CFR § 4.59.

Done when you've gone to the exam ready to describe your flare-ups and limits in plain terms.

Recap Checklist

- ☐ Filed an Intent to File and saved the confirmation.
- ☐ Got hip motion measured in every direction.
- ☐ Connected the hip to a documented in-service event or strain.
- ☐ Decided which back or knee conditions to claim as secondary.
- ☐ Got a medical opinion for the hip and each secondary, or know VA will get one.
- ☐ Filed the 21-526EZ with real daily loss and confirmed VA has everything.
- ☐ Went to the C&P exam ready to describe my flare-ups and limits.

Reminder: rules and rates change. Check any current figure at va.gov. Help from an accredited Veterans Service Organization is free. Accredited claims agents and attorneys can't charge for work done before VA issues its initial decision on your claim. After that, they may charge a fee within the limits of 38 CFR 14.636. This guide prepared you for the task. The evidence in your file decides the result.

Get Free, Accredited Help

For anything about your own claim, talk to an accredited representative. Help from an accredited Veterans Service Organization is free. Accredited claims agents and attorneys can't charge for work done before VA issues its initial decision on your claim. After that, they may charge a fee within the limits of 38 CFR 14.636. Free help is available through Veterans Service Organizations such as the DAV, VFW, and American Legion, and through county and state veterans offices.

To find one near you, visit va.gov/get-help-from-accredited-representative. Representation begins only when you sign VA Form 21-22 (for a Veterans Service Organization) or 21-22a (for an individual agent or attorney). With one rare exception for a single unpaid case, only accredited people can represent you before the VA, and only an accredited agent or attorney can charge you a fee. Nothing in this guide creates that relationship.

A warning about claim sharks. Anyone who offers to file your initial claim for a fee, or who guarantees you a rating or a percentage, is selling something you shouldn't buy. Accredited Veterans Service Organizations help at no charge, and accredited claims agents and attorneys may charge only after VA issues its initial decision, within the limits of 38 CFR 14.636. Report predatory companies to the VA Office of Inspector General at 1-800-488-8244.

Keep Going: The Full Guide

This field guide is the short, do-this-now companion to the book *VA Back, Knee, and Joint Claims Guide*. See every FWD Assist HQ title that is out now at fwdassisthq.com/books.

Current as of October 2026. Rules, forms, and figures change. Check current details at va.gov.

About the Author

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J. Erickson is a service-disabled Air Force veteran. He served as a military firefighter and as a veteran service officer, where he spent years walking veterans through the same claims process he writes about now. He holds an MBA and writes plain-language guides for veterans who want to understand the system without a translator.

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