

# How to Measure Hip Height

## Step 1: Stand the Animal on a Level Surface

Begin by positioning the animal on a firm, flat, and level surface. Uneven ground can result in inaccurate measurements by altering the cow's stance. The cow should be standing squarely on all four legs, with weight evenly distributed. Calm the animal before measuring to avoid movement that could shift posture or affect accuracy.

## Step 2: Position the Measuring Stick at the Hip

Using a livestock measuring stick (sometimes called a hip height stick), position the tool so that the vertical portion is directly beside the animal's hindquarters. The horizontal arm of the stick should be extended toward the point of the hip, also known as the hook bone (hips) or tuber coxae — the most prominent bony protrusion at the top of the cow's rump. Ensure that the stick is perfectly vertical and that the horizontal arm lightly touches the highest point of the hip without pressing down into the hide or hair.

## Step 3: Measure to the Ground

Check that the base of the measuring stick is flush with the ground and not resting on grass, bedding, or uneven terrain. The stick should maintain firm contact from the ground up to the animal's hip point. Avoid leaning the stick toward or away from the animal — this will alter the true vertical distance.

## Step 4: Read the Height

Once the stick is correctly positioned, read the measurement on the vertical scale at the point where the horizontal arm intersects. Record the height in inches or centimeters, depending on your measurement system. For accuracy, it's best to take the reading at eye level rather than from above or below. If multiple animals are being measured, follow the same process for each one and record the data immediately to ensure consistency and reliability.

## Tips for Best Results

- Perform measurements in good lighting and with a clean stick for clear readings.
- If possible, have an assistant help steady the animal while you measure.
- Always take at least two readings per animal and average them to improve accuracy.

## Where to buy

Valley Vet - [Valley Vet - Aluminum Measuring Stick Weatherbeeta - Miscellaneous | Stable Equipment Supplies](#)

Jeffers - [Jeffers® Aluminum Measuring Stick](#)

Sullivan's Supply - [SULLIVAN'S MEASURING STICK - Sullivan Supply](#)