

Bragard's Test

Patient's name: John Martinez Age: 27 Gender: M

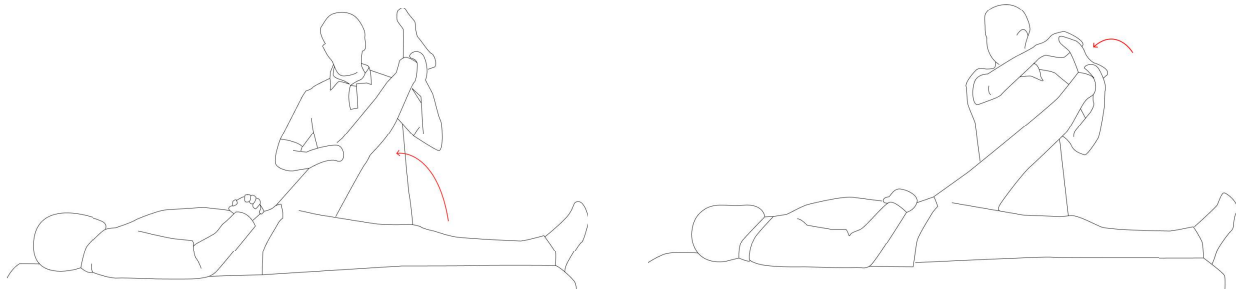
Examiner: Dr. Lisa Reynolds Date: Jan 20, 2025

Bragard test procedure

1. Have your patient lie down on it in a supine position. Make sure that their legs are straightened.
2. Position yourself on the side of the patient by their legs.
3. Lift the patient's leg while keeping it straight.
4. Lift the leg slowly into hip flexion. While lifting the leg, tell the patient to tell you if they feel any pain or discomfort.
5. Once the patient notifies you of any pain or discomfort, stop lifting the leg, but keep it where it is for the time being.
6. Lower the leg by five degrees.
7. Dorsiflex (bend) the ankle backward.

Modified Bragard test procedure

1. Do the original Bragard test up to step 3.
2. Lift the leg up to 70 degrees and confirm that there is no pain (negative SLR test).
3. Dorsiflex the foot firmly. Observe for pain.



Test results

- ☒ **Positive:** Dorsiflexing the ankle backward reproduces pain and other symptoms. If the pain seems to be coming from the hip, then there is nerve root compression in the lumbar area, which is a sign that they might have lumbar radiculopathy or some other lower back condition.
- ☐ **Negative:** The test does not reproduce any pain or symptoms.

Additional notes

Patient reports intermittent sharp pain in the lower back, radiating down the right leg. Pain worsens with prolonged standing and improves slightly with rest. Consider further evaluation for lumbar radiculopathy, possible MRI referral if symptoms persist. Recommend physical therapy focusing on nerve glides, lumbar stabilization exercises, and posture correction. Advised patient to avoid prolonged sitting, heavy lifting, and sudden movements that may worsen symptoms.

Homayouni, K., Jafari, S. H., & Yari, H. (2018). Sensitivity and specificity of modified Bragard test in patients with lumbosacral radiculopathy using electrodiagnosis as a reference standard. *Journal of Chiropractic Medicine*, 17(1), 36–43. <https://doi.org/10.1016/j.jcm.2017.10.004>

Ortho Eval Pal with Paul Marquis PT. (2020, June 8). *How to perform the braggard's sign/test for lumbar radiating pain*. YouTube. <https://www.youtube.com/watch?v=2MqpLDOWp4s>