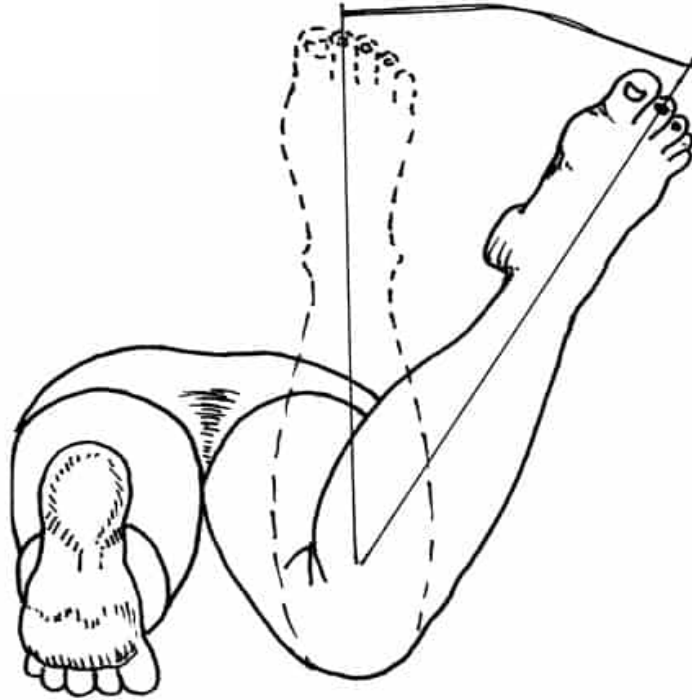


Craig's Test

Patient's full name: _____ Date administered: _____

Clinician's full name: _____



Equipment needed:

- A flat surface (bed or examination table)
- Goniometer

Instructions:

1. Have your patient lie down on a flat surface in a prone position (face down), then have them flex one of their knees (whichever side you are testing) by 90 degrees.
2. Position yourself beside the side that you will be testing.
3. Once you're in position, you must palpate the greater trochanter.
4. Then, you must rotate their hip medially and laterally while palpating the greater trochanter.
5. You will do this until the greater trochanter lies at the most lateral part of the hip. If you want to know if the greater trochanter is already lying there, you just need to check if the greater trochanter is parallel to the examination table or bed. Once it is at the most lateral part of the hip, the femoral head should be projecting into the center of the acetabulum.
6. After that, you just need to measure the angles of both the medial and lateral rotations using your goniometer.

Left femur: _____

Right femur: _____

Illustration: ORTHOFIXAR

<https://Carepatron.com>

Scoring

Normal - the mean anteversion for adults is 8 to 15 degrees (angle of internal rotation)

Increased Anteversion - this is the result if the angle of rotation is greater than 15 degrees. This is not a good thing because this may point to potential problems like hip impingement, pigeon-toed walking, patellofemoral pain syndrome, and femoral torsion syndrome

Retroversion - this is the result if the angle of rotation is below 8 degrees. This is also not a good thing because it may also point to potential problems, like the degeneration of the hip, hip arthritis, loss of balance, and more

Additional Comments
