

Gaenslen's Test

Patient information

Name:

Date of birth:

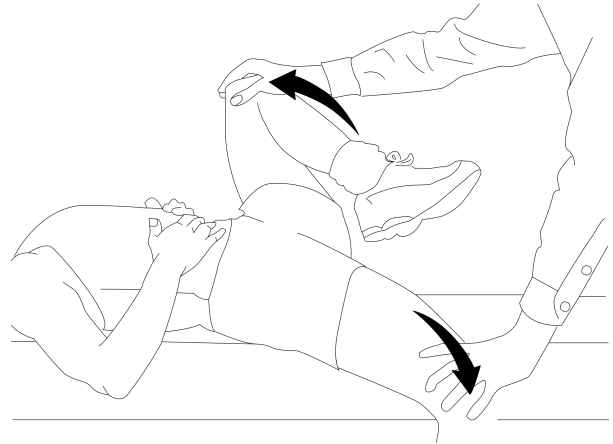
Practitioner:

Date:

Instructions

Procedure

1. Position the patient supine on an examination table. Allow one leg to extend off the edge of the table. Instruct the patient to actively flex the opposite hip and knee, bringing the knee toward the chest.
2. Place one hand on the flexed knee and apply gentle pressure toward the patient's chest. Simultaneously use your other hand to apply downward pressure on the extended leg, creating hip extension while observing for any pain or discomfort.
3. Repeat the procedure on the opposite side by reversing the leg positions to assess both sacroiliac joints.



Result

- ☐ **Positive:** Pain localized to the sacroiliac joint region is considered a positive test, indicating possible SIJ dysfunction or pathology.
- ☐ **Negative:** Absence of pain during the maneuver suggests the sacroiliac joint is likely not the primary source of the patient's symptoms.

Note that a positive Gaenslen's Test result typically requires further investigation, such as imaging or additional tests, to confirm the diagnosis and exclude other potential causes of pain (Laslett et al., 2005).

Additional notes

Hugston Foundation. (1998). The sacroiliac joint. *Hugston Health Alert*, 10(4), 4.
<https://hugston.com/wp-content/uploads/2020/01/Vol-10-No-4-Fall-1998.pdf>

Laslett, M., Aprill, C. N., McDonald, B., & Young, S. B. (2005). Diagnosis of sacroiliac joint pain: validity of individual provocation tests and composites of tests. *Manual therapy*, 10(3), 207–218.
<https://doi.org/10.1016/j.math.2005.01.003>