

Gillet Test

Name: _____ Date of birth: _____

Patient ID: _____ Date of test: _____

Test procedure

1. Explain the Gillet Test to the patient and obtain consent.
2. Ask the patient to stand in a relaxed position with feet shoulder-width apart.
3. Stand behind the patient.
4. Place your thumbs on the patient's posterior superior iliac spines (PSIS) on both sides.
5. Observe and feel the initial position of the PSIS to establish a baseline.
6. Instruct the patient to lift one knee towards their chest, flexing the hip and knee to approximately 90 degrees while standing on the opposite leg.
7. Ensure the patient maintains balance and does not shift weight excessively.
8. Palpate and observe the movement of the PSIS on the side of the lifted leg.
9. Note any downward or posterior movement of the PSIS.
10. Conduct the test on both sides to compare the movement of the PSIS on each side.

Test findings

Right side PSIS movement:

Normal (Downward/Posterior movement)

Hypomobility (Little/No movement)

Hyperactivity (Excessive/Abnormal movement)

Left side PSIS movement:

Normal (Downward/Posterior movement)

Hypomobility (Little/No movement)

Hyperactivity (Excessive/Abnormal movement)

Interpretation

- Positive test:** A positive Gillet Test occurs when the PSIS shows minimal or excessive movement, potentially indicating sacroiliac joint dysfunction.
- Negative test:** A negative Gillet Test occurs when the PSIS shows no movement or very minimal movement.

Note: The diagnostic accuracy of the Gillet Test can be influenced by numerous factors. It is typically used alongside other clinical tests to provide a more comprehensive assessment to confirm or rule out sacroiliac joint dysfunction.

Additional notes**Healthcare provider information**

Name:

Title:

Signature:

Date: