

# Gluteus Medius Test

**Patient's full name:**

**Date assessed:**

**Assessor's full name:**

## What you need:

A comfortable examination bed or table for your patient

## I. Straight Leg Raise Test

- Have your patient lie supine with their legs straightened and their feet pointing upward.
- Position yourself on the patient's side (the side of the affected leg you're examining).
- Use one of your hands to grasp the patient's ankle.
- Place your other hand on the knee to provide support.
- Slowly lift the leg upward while keeping the knee extended. While you are doing this, observe the patient's face to check for signs of discomfort.
- Make sure to observe the angle of the leg. If the patient shows signs of discomfort or actually tells you they are in pain when you raise their leg and reach a certain angle, that may be indicative of possible issues like disc herniation.
- If they are positive for this, make sure to conduct other physical examinations to check for possibilities of other problems and to narrow them down.

Positive

Negative

## II. Hip Abduction Test

- Have your patient lie to their unaffected side.
- Check the affected side for any swelling or inflammation.
- Palpate the affected side to see if it is soft.
- Place one of your hands on the affected side of the hip and the other on their ankle.

- Abduct their leg. If the affected side of the hip hurts and the leg seems to be giving out, then they are positive for this test, all the more if their affected side has swelling/inflammation

Positive

Negative

### III. Checking for weakness

- Have your patient sit down. You will assess both legs, including the unaffected side for comparison.
- Make sure their legs are relaxed.
- Grab the unaffected leg and pull it to the side (abduction).
- Tell your patient to apply resistance while you push it back.
- Do the same for the affected leg. If the affected leg has weaker resistance, they are positive for this test.

Positive

Negative

### Additional Comments