

# Ober's Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The Ober's Test, also known as the Ober's Test for IT band tightness, is a physical examination to assess the flexibility and tightness of the iliotibial (IT) band.

## Instructions

1. Ensure a comfortable treatment table or examination surface is available.
2. Provide privacy and ensure the patient is at ease.
3. Introduce yourself and explain the purpose of the test to the patient.
4. Describe how the test will be performed and what sensations the patient might experience.
5. Instruct the patient to lie on their side on the treatment table.
6. Position the patient's lower leg slightly flexed at the knee for stability.
7. Stand behind the patient and place one hand on the patient's hip to stabilize it. This will help maintain a neutral hip position during the test.
8. Grasp the patient's upper leg (the leg being tested) just above the knee with your testing hand.
9. With your other hand, hold the patient's ankle and gently lift and abduct the upper leg, moving it away from the body.
10. Continue to lift the leg until you feel resistance or the end of the range of motion is reached.
11. At the end of the range of motion, slowly and gently lower the patient's leg back down.
12. Observe whether the patient's leg smoothly lowers or if it remains elevated above the table.

## Reminders

Apply gentle and controlled pressure during leg abduction and lowering to avoid causing discomfort or pain to the patient.

Ensure the patient is comfortable and aware of the procedure throughout. Ask for feedback if needed.

Record your observations regarding leg position, any discomfort expressed by the patient, and any other relevant information.

A positive test result indicates iliotibial band tightness if the leg remains elevated after lowering. However, consider this as part of a comprehensive assessment; further evaluation is essential.

Always correlate the test findings with the patient's history, other examination results, and clinical judgment for accurate diagnosis and treatment planning.

### **Additional Notes**