

Phelps Test

Patient's name: _____ Age: _____ Gender: _____

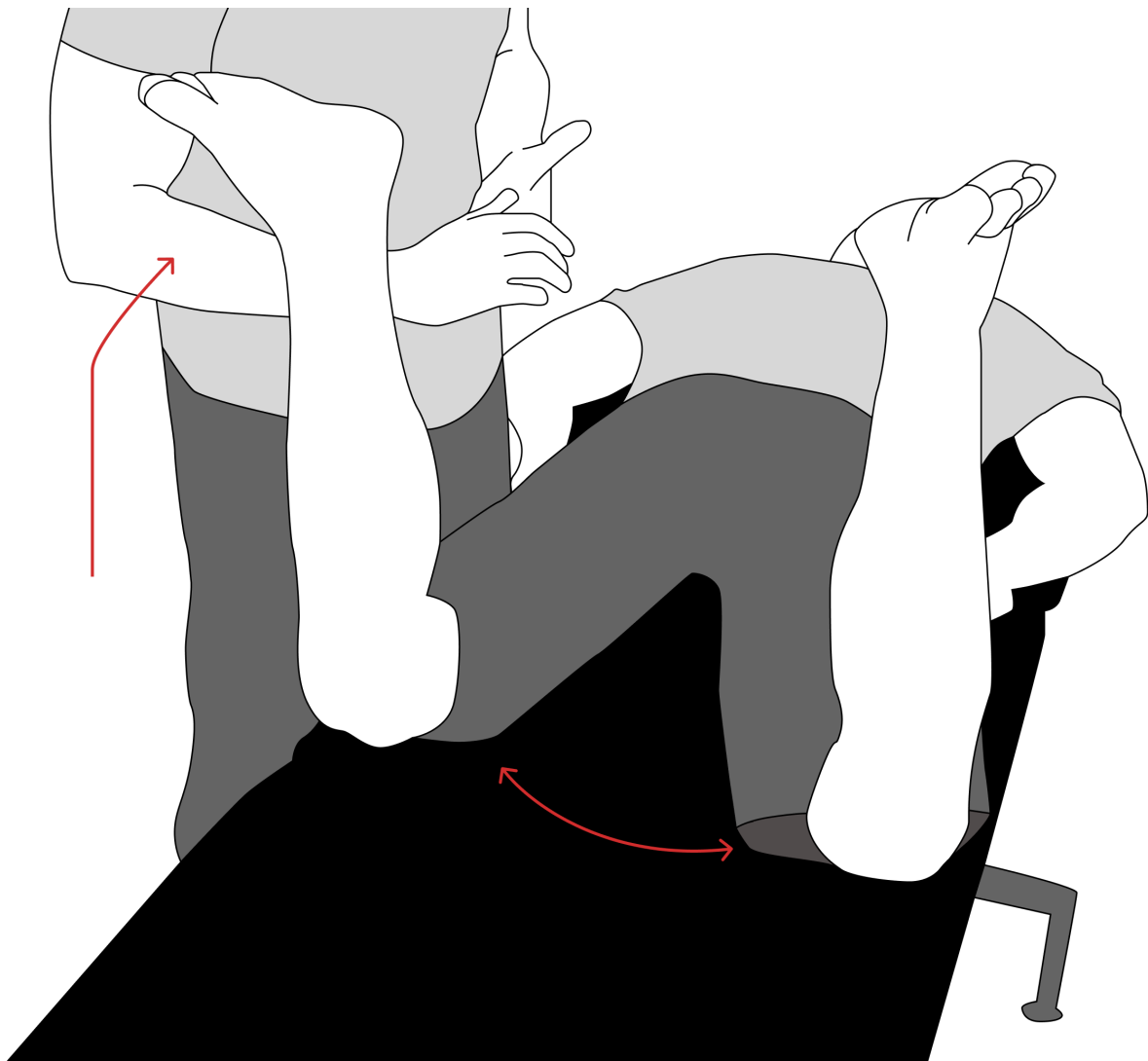
Examiner: _____ Date: _____

Equipment needed

- Examination table or flat surface
- Goniometer (optional, for measuring angles)

Test steps

1. Position the patient in a prone position with extended knees on an examination table.
2. Passively abduct the patient's legs as far as possible while keeping the knees extended.
3. Ask the patient to flex their knees to 90°.
4. Attempt to passively abduct the hips further with the knees flexed.



Results and interpretation

Positive: If the range of hip abduction increases after the knees are flexed to 90°, this indicates potential contractures in the gracilis muscle. Knee flexion shortens the gracilis muscle, allowing more hip abduction if the gracilis is the limiting factor.

Negative: If there is no significant increase in hip abduction after knee flexion, this suggests that the gracilis muscle is not the limiting factor.

Additional notes

Examiner signature: _____

Magee, D. J. (2014). *Orthopedic physical assessment (6th edition)*. Elsevier.

Physiotutors. (2017, June 13). *Phelps Test | Gracilis contractures*. YouTube.
<https://www.youtube.com/watch?v=NDsPj1qATiU>