

Prone Instability Test

Full name: _____ Date: _____

Conductor's full name: _____

What you need

A comfortable examination bed for your patient.

Instructions

- Have your patient assume a prone position on the examination bed or table. They won't be completely lying down. They should just be leaning on it. Their legs must be over the edge of the bed or table, and their feet must be resting on the floor.
- Position yourself to the side of the patient by their lumbar area.
- Once you're in position, you will do a spring test on the lumbar spine to locate the spot where the patient feels pain.
- Tell the patient to tell you if they are in pain while you are locating the painful spot.
- Once you have located the painful spot, have your patient lift their legs off the floor while leaning on the examination bed or table.
- Have them maintain their position for 5 to 10 seconds. They can grab hold of the bed or table to maintain their position.

While doing the spring test, the patient may feel pain. If this pain subsides while maintaining this position (active position), but they feel all of it when they place their feet back on the floor, then this test is **positive**. Please endorse them for further examination so that other tests can be conducted to confirm the problem or to detect other problems.

If they don't feel any pain in both the resting and active position, then they are **negative**.

If they feel the same pain while raising their legs, they are **negative** but you still have to endorse them for further examination.

Patient results

- ☐ Positive
- ☐ Negative but still feels pain in the lumbar area even after raising their legs
- ☐ Negative because the patient didn't feel any pain at all during the test

Notes