

Straight Leg Test for Herniated Disc

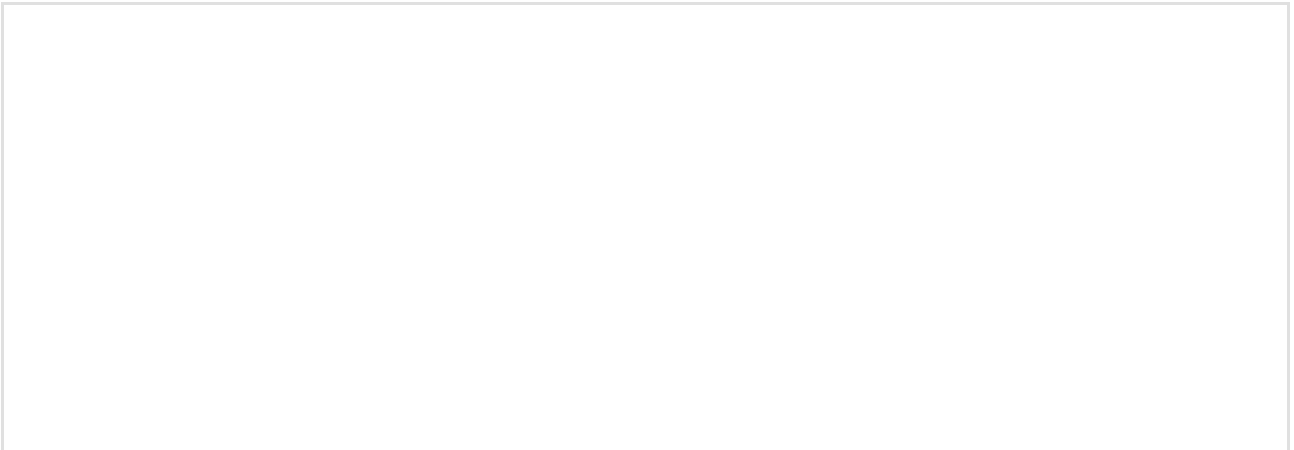
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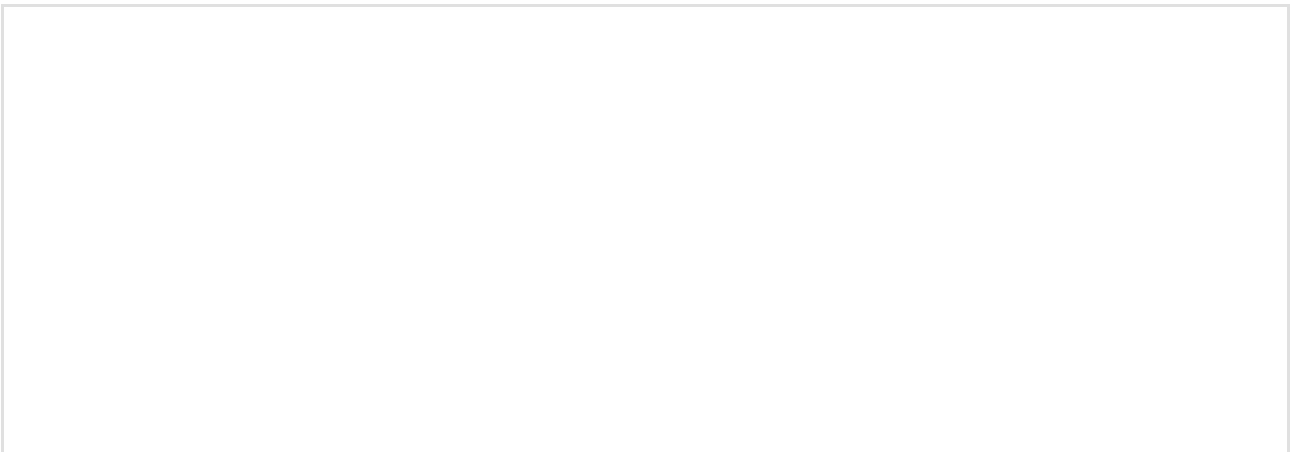
Instructions

1. Instruct the patient to lie on their back in a supine position on an examination table.
2. Clearly explain the purpose and steps of the Straight Leg Raise test to the patient to ensure their cooperation and understanding.
3. Begin with the patient in a relaxed position, with both legs fully extended.
4. Gently raise the patient's leg on the affected side by flexing the hip, keeping the knee in extension.
5. Slowly elevate the leg until the patient experiences pain or discomfort.
6. Note the angle at which pain is reported. A positive test occurs when pain is elicited at an angle lower than 45 degrees.
7. Throughout the maneuver, encourage the patient to communicate any pain, discomfort, or tingling sensations experienced along the lower limb.
8. Consider incorporating additional maneuvers to enhance sensitivity:
 - Bragad Sign: Concomitant foot dorsiflexion during leg elevation.
 - Crossed Straight Leg Test: Flex the uninvolved limb while maintaining the knee in extension, assessing for pain in the involved limb at 40 degrees of hip flexion.
9. If the patient experiences significant pain or requests the maneuver to be stopped, promptly lower the leg to the starting position.
10. If buttock pain is reported, relieve it by flexing the patient's knee while maintaining the hip in extension.
11. Record the angle at which pain was elicited and any additional observations during the test.
12. A positive Straight Leg Raise test indicates potential nerve root irritation, often associated with herniated discs, especially at the L5 or S1 level.
13. Based on your findings, consider further diagnostic tests or consultations for a comprehensive assessment and appropriate management.

Findings

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Additional notes

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Reference: Camino, G. O., & Piuze, N. S. (2019, September 10). *Straight Leg Raise Test*. Nih.gov; StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK539717/>