

Tight Hip Flexors Test

Patient Information

Date:

Name:

Date of Birth:

Age:

Physician's Name:

History:

Symptoms:

Test Instructions

1. Have the patient sit on the edge of the table, ensuring that their gluteal folds are positioned at the edge. This setup establishes a stable base for the next movements.
2. Have the patient carefully lie back on the table and ask them to bring both of their knees to their chest. This action isolates the hip flexors, creating an optimal scenario for assessing their length and flexibility
3. While keeping the patient's unaffected leg bent, ask them to slowly lower the affected leg, allowing it to extend as far as possible. The controlled descent of the leg serves as a crucial indicator of hip flexor length.

Results

Positive

Negative

Notes

Next Steps