

Yeoman's Test

Patient's full name: _____

Date assessed: _____ Test conductor's full name: _____

What you need

A comfortable examination bed for your patient.

Instructions

- Have your patient lie down in a prone position. Make sure their legs are straightened.
- Position yourself on the side of the patient where they feel pain.
- Place one of your hands on the sacroiliac joint area and apply some pressure.
- While applying pressure to the sacroiliac joint area, use your other hand to passively flex the knee to 90 degrees flexion.
- Keep the knee flexed and place the same hand you're using to flex it underneath the knee.
- Position the anterior aspect of your elbow right in front of the ankle so the knee doesn't fall back down.
- Once your hand and the anterior aspect of your elbow are in the right positions, extend the hip by raising the knee. Make sure you are maintaining pressure on the sacroiliac joint while doing so.

Test results

- ☐ **Positive** - The patient felt pain localized to their sacroiliac joint.
- ☐ **Negative** - The patient didn't feel any pain at all.

Additional comments

Reference: Physiopedia. (2023, May 28). *Yeoman's Test*. https://www.physio-pedia.com/index.php?title=Yeoman%27s_Test&oldid=335883.