Sacroiliac Orthopaedic Tests
Orthopedics DX 611

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Palpation of the Sacroiliac Joint

- Posterior superior iliac spine
- Iliac crests
- SIJ articulation
- Ischial tuberosity

Differentiate Spinal Sprain/Strain

- Describe your approach to differentiating sprain from strain of the lower back and pelvis

SIJ Sprain Signs and Symptoms

- SIJ pain
- Abnormal gait
- SIJ tenderness with palpation
- Pain on forward flexion
Pelvic Fracture

Adam’s Supported Belt Test
Differentiate Lumbar from SIJ Lesion

- Lumbar pain with both supported and unsupported dorsolumbar flexion
- SIJ pain with unsupported flexion only

Specialized Orthopedic Tests

- Gaenslen’s
- Lewin-Gaenslen
- Yeoman’s
- Sacroiliac stretch
- SIJ Resisted abduction
- Sacrotuberous ligament stress

Gaenslen’s Test

- Supine extension stresses SIJ & anterior SIJ ligaments
- Ipsilateral pain indicates a lesion in SIJ

Lewin-Gaenslen Test

- Side posture extension stresses SIJ & anterior SIJ ligaments
- Ipsilateral pain indicates a lesion in SIJ

Yeoman’s Test

- Prone extension stresses SIJ & anterior SIJ ligaments
- Ipsilateral pain indicates a lesion in SIJ
SIJ Stretch Test

- Bilateral supine
- ASIS pressure
- Pain indicates lesion in anterior SIJ ligaments or SIJ

SIJ Resisted Abduction Test

- Thigh or buttock pain indicates strain in TFL or gluteal muscles
- SIJ pain indicates sprain of SIJ ligaments

SIJ Pain Spondylarthropathy

- Which condition usually begins with pain and stiffness in the SIJ?

Ankylosing Spondylitis

- Progressive fusion of lumbar spine increases flexion of spine

Postural Changes

- Sacroiliac Joint Dysfunction

Ankylosing Spondylitis
SIJ Lesions
Signs and Symptoms
- SIJ pain
- Abnormal gait
- Palpation tenderness
- Pain on forward flexion
- Pain on sitting

General SIJ Lesions
- Hibb’s
- Pelvic Rock
- Sign of the buttocks
- Flamingo

Hibb’s Test
Differentiate Hip and SIJ Lesions
- Prone leg to buttocks with lateral flexion and internal rotation
- Localized pain indicates either hip or SIJ pain

Pelvic Rock Test
- Side posture downward pelvic compression
- Pain in SIJ indicates lesion of inflammatory process

Sign of the Buttock’s Test
- Supine SLR reveals restriction
- Positive test with knee flexion but no increased hip flexion
- Negative test with pain indicates lumbar dysfunction

Flamingo Test
- Stand on one foot
- Hop to stress one joint
- Tests SIJ, symphysis pubis, and hip
Sacroiliac Spine

- Thank you for your attention…

Trochanteric Bursitis or Fracture of Symphysis Pubis