

Adductor Squeeze Test

Name: Jonathan Moore Age: 25

Examiner: Dr. John Carter Date: May 13, 2024

Test procedure

1. Position the patient supine on the examination table.
2. Place a fist (or a handheld dynamometer/sphygmomanometer for objective measurement) between the patient's knees.
3. Ask the patient to squeeze the examiner's fist maximally, contracting the hip adductor muscles.
4. Perform this test at three different hip flexion angles: 0°, 45°, and 90°.

Test findings

Negative

Positive:

- If patient experiences any of the following:
 - Pain in adductor muscles
 - Bone pain at the anterior and medial pelvic ring

Additional notes

Other observations and reminders:

During the test at 45° hip flexion, Jonathan reported a sharp pain specifically in the right adductor region, which was consistent with his previous complaints of groin discomfort during soccer practice. Recommend follow-up imaging to assess for potential muscular strain or minor pelvic fracture.

Healthcare professional's information

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