

# Adductor Squeeze Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Examiner: \_\_\_\_\_ Date: \_\_\_\_\_

## 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:

## Healthcare professional's information

Name:

License number:

Phone number:

Email:

Name of practice: