

Crossed Straight Leg Raise Test

Patient information	
Name:	Age:
Gender:	Male Female Prefer not to say
Date of test:	
Purpose	
<p>The crossed straight leg raise test, which is also called the well-leg raising test or Fajersztajn sign, is used to assess for central disc herniation. A positive test suggests a lumbar disc herniation, which is present in 97% of patients with severe nerve root impingement. This test is more specific than the straight leg raise test.</p>	
Equipment needed	
None required	
Test procedure	
<ol style="list-style-type: none">1. With the patient in a supine position, the examiner identifies the unaffected leg.2. The examiner flexes the patient's unaffected leg at the hip while maintaining knee extension.3. The examiner continues to flex the hip until the patient reports pain in the affected leg.4. The test is deemed positive if the patient reports pain in the affected leg at a hip flexion angle of 40 degrees.5. Document the results in the provided section.	
Test results	
Left side:	Right side:
Positive: The patient reports pain in the affected leg at a hip flexion angle of 40 degrees.	Positive: The patient reports pain in the affected leg at a hip flexion angle of 40 degrees.
Negative: The patient does not report pain in the affected leg at a hip flexion angle of 40 degrees.	Negative: The patient does not report pain in the affected leg at a hip flexion angle of 40 degrees.

Additional notes

Healthcare professional information

Name:

Signature:

Date:

References

Hudgins, W. R. (1979). The crossed straight leg raising test: A diagnostic sign of herniated disc. *Journal of Occupational Medicine: Official Publication of the Industrial Medical Association*, 21(6), 407–408. <https://pubmed.ncbi.nlm.nih.gov/469603/>

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