

# Ely's Test

**Patient's full name:**

**Date accomplished:**

**Conductor's full name:**

## What you need:

A comfortable examination bed for your patient

## Instructions:

- Have your patient lie down in a prone position on the examination bed. Make sure that their legs are straightened.
- Position yourself by the thigh of the patient on either side. You will be checking both legs, so you will have to switch to the other side after checking the first part.
- Place one of your hands on the patient's lower back.
- Use your other hand to grab either the heel or the ankle (up to you).
- Passively flex your patient's knee to 90 degrees.
- While flexing the patient's knee, observe how the hip reacts.
- Switch to the other side of the patient's body and perform the Ely's Test again.

If the hip involuntarily flexes or tilts itself while you flex the patient's knee, then the test is **positive**. Please endorse the patient for a comprehensive examination to confirm potential problems.

If the patient doesn't experience any pain at all throughout this whole exam, then they are **negative**.

If the patient's hip doesn't involuntarily flex or tilt while you flex the patient's knee, but they still feel pain, then they are still **negative**, however, you must endorse them for a comprehensive examination to determine what is causing the pain.

## Patient Results:

- Positive**
- Negative but still feels pain despite the hip not involuntarily flexing or tilting**
- Negative because the patient didn't feel any pain at all during the test**

**Additional Comments:**