

# FABER Test

Name:	Date:
Examiner's Name:	

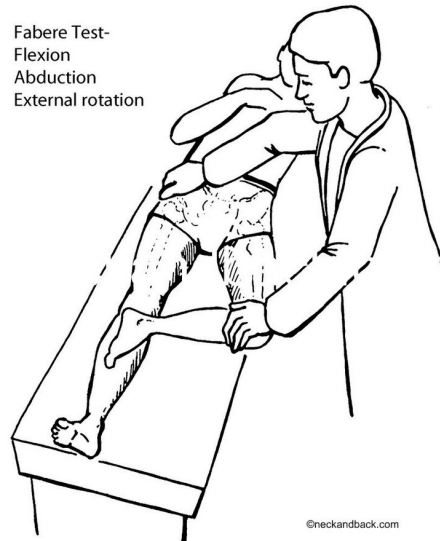


Illustration courtesy of [https://www.physio-pedia.com/FABER\\_Test](https://www.physio-pedia.com/FABER_Test)

## Instructions:

1. Have the patient lie down or be in a supine position.
2. Create a "figure-4" position with the patient's affected leg. Ensure that the ankle is placed on the opposite knee.
3. Gently push the knee of the patient's affected towards the examining table. You may use one hand to do this while the other hand must be placed on the pelvis or opposite hip to prevent it from moving.

## Test Result:

### (+) Positive test if:

- There is pain in the groin or buttocks.

Patient's Result:  Positive  Negative

## Notes: