# FADIR Test

| **Patient's full name:** Farris R. Solaire | **Date accomplished:** January 31, 2023 |
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| **Clinician's full name:** Larsa F. Dynasty | |

## What you need

- A comfortable examination bed

## Instructions

- Have your patient lie down on the examination bed in a supine position (they have to be facing up). Make sure that their legs are fully extended.
- Once the patient is in a supine position, pick whichever side of the patient seems to be most affected by pain, then stand before the hip.
- Gently lift the patient's leg toward their chest.
- As you are lifting the leg, flex the knee by 90 degrees, with the hip in a flexed position.
- Then, adduct the hip by gently moving the leg toward the midline of the body, while keeping the knee flexed.
- Then, do an internal rotation of the hip by rotating the leg toward the opposite side of the hip. Make sure the knee is still flexed while you do this.

## Result

| ☑ Positive | ☐ Negative |
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If the patient does not feel any pain or discomfort at all, even if you exerted a little pressure, that means the test is **negative** and the patient is okay.

If the patient mentions that they feel pain or discomfort at any point while you are conducting the test, then the test is **positive**. Here are some of the possible problems they might be dealing with:

- Problems with their pubofemoral ligament (if they felt pain during the adduction)
- Labral tears (if they felt pain during the hip flexion)
- Problems with their hip joint capsule or labrums (if they felt pain during the internal rotation of the hip)

## Additional comments

Mr. Farris was in pain when I performed the adduction, when I flexed his hip, and when I internally rotated his hip. That's not good because he probably has a wide variety of issues. I will have him endorsed for further examination including MRI so we can confirm my suspicions. It's very likely that their pubofemoral ligament is damaged, he has labral tears, and he has issues with the hip joint capsule.

It's also likely that we may need to perform surgery on him after an official diagnosis is made.