

Fortin Finger Test

Patient information

Name:

Age:

Date of test:

Purpose

The Fortin Finger Test is used to detect sacroiliac joint dysfunction. The sacroiliac joint can be a source of lower back and lower limb pain, with pain often localized from the buttock to the upper thigh, especially around it.

Test procedure

1. Ask the patient to use one finger to point to the area where they feel the most pain or discomfort around the sacroiliac joint region. This will be the first identification.
2. Memorize the spot the patient pointed to, which should be the area inferomedial to the posterior superior iliac spine (PSIS).
3. Allow the patient to relax and proceed with other parts of your examination for about 5 to 10 minutes.
4. After the interval, ask the patient to point to the spot where they feel the most pain again.
5. Compare the two spots the patient identified. If the spots are within 1 cm of each other, the test is considered positive, indicating a high likelihood of sacroiliac joint-related pain.

Results

Positive: The patient twice identifies the painful region as the area inferomedial to the PSIS within 1 cm using one finger, indicating potential sacroiliac joint dysfunction.

Negative: The patient does not consistently identify the same area within 1 cm, suggesting the pain may not be related to the sacroiliac joint.

Additional notes

Healthcare professional's information

Name:

Signature: 

Date:

Reference

Fortin, J. D., & Falco, F. J. (1997). The Fortin finger test: An indicator of sacroiliac pain. *American Journal of Orthopedics (Belle Mead, N.J.)*, 26(7), 477–480.
<https://pubmed.ncbi.nlm.nih.gov/9247654/>