

Ischiofemoral Impingement Test

Patient name: _____ Age: _____ Date: _____

Examiner: _____

Test overview

The Ischiofemoral Impingement Test is a diagnostic tool used by physicians and physical therapists to assess the presence of impingement in the hip joint. It is specifically designed to detect ischiofemoral impingement, which occurs when soft tissues between the pelvis and femur bones in the hip joint compress or pinch.

Test procedure

1. Position the patient in the lateral decubitus position, with the affected side facing upward.
 2. Passively extend the patient's hip.
 3. Slightly press the buttock lateral to the ischium.
 4. Assess for pain; if pain occurs at the neutral/adducted femur position but not at the abducted position, the patient may have suspected ischiofemoral impingement.
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Results

- Positive:** If the patient presents with pain in the lateral hip during the test, they may have ischiofemoral impingement.
- Negative:** If no pain or discomfort is experienced during the test, it may be unlikely that the patient has ischiofemoral impingement.

Note: Pain during the test does not necessarily confirm a diagnosis of ischiofemoral impingement, and further imaging tests may be necessary to confirm it.

Notes and recommendations

Healthcare professional's information

Name: _____

License number: _____ Contact number: _____

Date: _____ Signature: _____

Reference

Wu, W.-T., Chang, K.-V., Mezian, K., Naňka, O., Ricci, V., Chang, H.-C., Wang, B., Hung, C.-Y., & Özçakar, L. (2023). Ischiofemoral impingement syndrome: Clinical and imaging/guidance issues with special focus on ultrasonography. *Diagnostics*, *13*(1), 139. <https://doi.org/10.3390/diagnostics13010139>