

# Phelps Test

## Patient information

**Patient name:**

**Date of birth:**

**Date of examination:**

**Examiner:**

## Purpose

- The Phelps Test assesses the length of the gracilis muscle and identifies potential contractures or shortening of the muscle.

## Materials needed

- Examination table or flat surface
- Goniometer (optional, for measuring angles)

## Test steps

1. Position the patient in a prone position with extended knees on an examination table.
2. Passively abduct the patient's legs as far as possible while keeping the knees extended.
3. Ask the patient to flex their knees to 90°.
4. Attempt to passively abduct the hips further with the knees flexed..

## Documentation

**Initial abduction range:**

**Abduction range after knee flexion:**

## Test outcome

- **Positive result:**  
If the range of hip abduction increases after the knees are flexed to 90°, this indicates potential contractures in the gracilis muscle. Knee flexion shortens the gracilis muscle, allowing more hip abduction if the gracilis is the limiting factor.
- **Negative result:**  
If there is no significant increase in hip abduction after knee flexion, this suggests that the gracilis muscle is not the limiting factor.

**Additional notes**

**Healthcare professional information**

**Name:**

**Date:**

**Signature:**