

Piriformis Test

Patient Information

Patient Name: _____ Date of Birth: _____

Gender: _____ Date of Assessment: _____

Assessor Name: _____

Test Name	Position	Test Description	Positive Sign	Score (0 - 1)
Straight Leg Raise (SLR)	Supine	Raise patient's leg while keeping the knee extended and ankle dorsiflexed.	Pain or discomfort in the buttock, posterior thigh, or leg.	
FAIR Test	Side-lying	Flex, adduct, and internally rotate the patient's hip with the knee flexed at 90 degrees.	Reproduction of buttock pain or sciatic-like symptoms.	
Pace Sign	Seated	Ask the patient to abduct their hip against resistance while sitting.	Pain or discomfort in the buttock or hip.	
Freiberg's Sign	Supine	Passively internally rotate the patient's extended leg at the hip.	Pain or discomfort in the buttock or hip.	
Beatty's Test	Side-lying	Ask the patient to lift their leg with the knee flexed at 90 degrees and hip externally rotated.	Pain or discomfort in the buttock or hip.	

Scoring Interpretation

0 - Negative sign (no pain or discomfort during test)

1 - Positive sign (pain or discomfort reproduced during test)

A score of 1 on two or more tests indicates a positive finding for piriformis syndrome.

Additional Notes