

Puranen-Orava Test

Name: _____ Date of birth: _____

Examiner: _____ Date of examination: _____

Pre-test checklist

- Ensure the patient is wearing appropriate clothing for the test.
- Confirm the patient has no contraindications for the test (e.g., recent surgery, severe pain).

Relevant medical history

Previous hamstring injuries:

- Yes
- No

Other relevant conditions:

- Sciatica
- Lower back pain
- Other:

Test procedure

1. Ask the patient to stand with the hip flexed as close to 90 degrees as possible and the knee of the symptomatic leg extended, foot resting on an elevated surface.
2. Instruct the patient to lean forward while keeping the knee of the symptomatic leg fully extended.
3. The patient should reach as far forward as possible, aiming to touch their toes.
4. Carefully observe the patient's movement and facial expressions for any pain or discomfort. You may also ask the patient to indicate if they experience any pain or discomfort during the test.

Test results

Positive: Pain elicited in the posterior thigh or buttocks; suggests proximal hamstring tendinopathy.

Negative: Absence of pain.

Notes and observations

Patient signature: _____ **Examiner signature:** _____