

# Sacroiliac Distraction Test

## Patient information

Name:

Age:

Date of test:

## Test procedure

1. Have the patient lie on their back.
2. Apply a vertically oriented, posteriorly directed force to both anterior superior iliac spines (ASIS). The goal is to create a distraction of the anterior sacroiliac joint.
3. Cook and Hegedus (2013) recommend maintaining the force for 30 seconds before using repeated vigorous force to replicate symptoms. If doing this, ensure that the force on repeated applications is consistent.
4. Different methods may be used due to lack of standardization.

## Results

**Positive:** Reproduction of the patient's symptoms, indicating SIJ dysfunction or a sprain of the anterior sacroiliac ligaments.

**Negative:** No reproduction of the patient's symptoms.

## Additional notes

## Clinic's information

Clinic's name:

Clinician's name:

Clinician's signature:

## Reference

Cook, C., & Hegedus, E. J. (2014). *Orthopedic physical examination tests: An evidence-based approach*. Pearson Education Limited.