

Sacrospinous Ligament Stress Test

Patient information	
Name:	Date of birth:
Referring physician:	Date of assessment:
Objectives	
<p>The Sacrospinous Ligament Stress Test is performed to assess the integrity and function of the sacrospinous ligament, which stabilizes the sacrum against anterior rotation during weight-bearing activities. The test involves specific maneuvers to provoke pain or discomfort in the sacrospinous ligament area.</p>	
Test procedure	
<ol style="list-style-type: none">1. The patient lies prone on the examination table.2. Palpate the sacrospinous ligament bilaterally for tenderness or asymmetry.3. Passively flex the hip to 90 degrees and adduct across the midline, stressing the ligament.4. Assess for reproduction of pain or discomfort over the sacrospinous ligament.5. Perform on both sides for comparison.	
Results	
<p><input type="checkbox"/> Positive: Reproduction of pain or discomfort over the sacrospinous ligament</p> <p><input type="checkbox"/> Negative: No pain or discomfort reproduced</p>	
Findings	
Right side:	Left side:
<i>Describe findings and any pain response observed.</i>	<i>Describe findings and any pain response observed.</i>

Notes

Include any additional observations or relevant information gathered during the assessment.

Recommendations

Healthcare provider's name and signature: _____

Title / position: _____ **Date:** _____