

# Sacrospinous Ligament Stress Test

<b>Patient information</b>	
Name:	Date of birth:
Referring physician:	Date of assessment:
<b>Objectives</b>	
<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>	
<b>Test procedure</b>	
<ol style="list-style-type: none"><li>1. The patient lies prone on the examination table.</li><li>2. Palpate the sacrospinous ligament bilaterally for tenderness or asymmetry.</li><li>3. Passively flex the hip to 90 degrees and adduct across the midline, stressing the ligament.</li><li>4. Assess for reproduction of pain or discomfort over the sacrospinous ligament.</li><li>5. Perform on both sides for comparison.</li></ol>	
<b>Results</b>	
<p><input type="checkbox"/> <b>Positive:</b> Reproduction of pain or discomfort over the sacrospinous ligament</p> <p><input type="checkbox"/> <b>Negative:</b> No pain or discomfort reproduced</p>	
<b>Findings</b>	
<b>Right side:</b>	<b>Left side:</b>
<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:** \_\_\_\_\_