Step-Off Sign Test

Patient information	
Name:	Date of test:
Examiner:	
Test procedure	
1. The patient stands straight with their back exposed; a slight forward lean may be required.	
The examiner finds the sill along the midline of the back, which looks like a capital L:	
3. The examiner palpates downward along the spine to feel for abnormal step-offs or prominences between the vertebrae.	

Test results
□ Negative result: No palpable step-off
Positive result: Palpable step-off detected
Further diagnostic actions
□ MRI
☐ CT scan
☐ X-ray
☐ Other tests:
Additional notes

Physiotutors. (n.d.). *Low midline sill sign* | *Radiographic lumbar instability assessment*. Physiotutors. Retrieved February 25, 2024, from https://www.physiotutors.com/wiki/low-midline-sill-sign/