

# Seated Flexion Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender:      Male      Female      Other: \_\_\_\_\_ Date: \_\_\_\_\_

## Test overview

Seated Flexion Test is a physical examination test used to evaluate the presence of sacroiliac joint dysfunction or pain. The test assesses the movement and position of the posterior superior iliac spines (PSIS), which are bony prominences located at the back of the pelvis.

## Test procedure

1. Position the patient in a seated posture on a firm surface, such as an examination table or chair.
2. Instruct the patient to place their hands on their knees and bend forward as far as possible, ensuring their knees remain straight.
3. Observe the patient's spine and back for any asymmetry or deviation from the midline, including lateral shifts or rotations.
4. Palpate the patient's posterior superior iliac spines with both hands, noting any differences in height or position between the two PSIS.
5. Ask the patient to return to an upright seated position.
6. Repeat the forward flexion maneuver, this time instructing the patient to bend forward and reach towards the floor between their knees.
7. Again, observe the spine and back for any asymmetry or deviation from the midline, and palpate the PSIS for any differences in height or position.

## Test results

**Positive:** A positive test is indicated if one PSIS moves more cephalically (upward) and/or ventrally (forward) than the other. This asymmetry suggests restricted movement of the sacrum on the ilium, pointing to limited sacroiliac joint (SIJ) mobility on the side where the PSIS ascends.

**Normal:** A normal Seated Flexion Test result shows no asymmetry or deviation from the midline in the patient's spine and back during the forward flexion maneuver. This outcome indicates that the sacroiliac joint is functioning properly and is stable.

**Negative:** If the posterior superior iliac spines move symmetrically as the patient bends forward, the test is considered negative, signifying normal sacroiliac joint function.

**Additional notes**

**Examiner:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Reference**

Buchanan, P., Vodapally, S., Lee, D. W., Hagedorn, J. M., Bovinet, C., Strand, N., Sayed, D., & Deer, T. (2021). Successful diagnosis of sacroiliac joint dysfunction. *Journal of Pain Research*, 14, 3135–3143. <https://doi.org/10.2147/JPR.S327351>