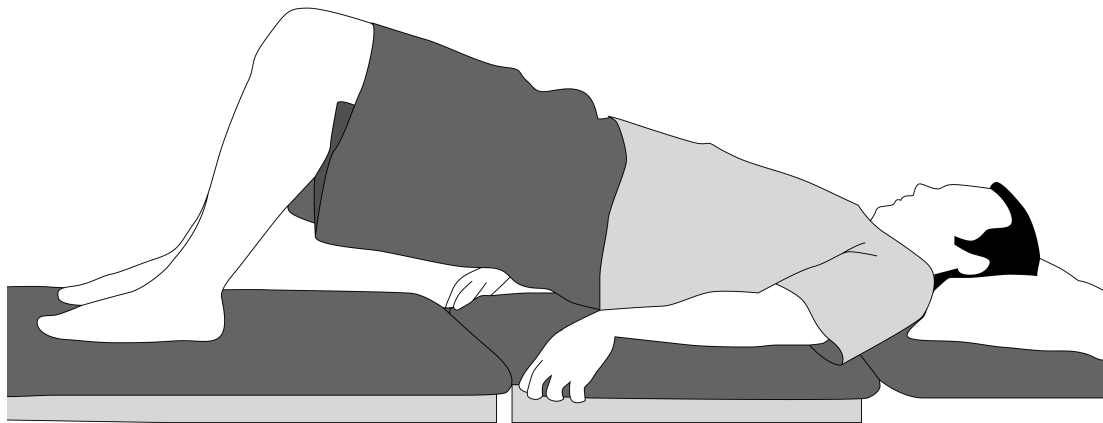


# Supine to Long Sit Test

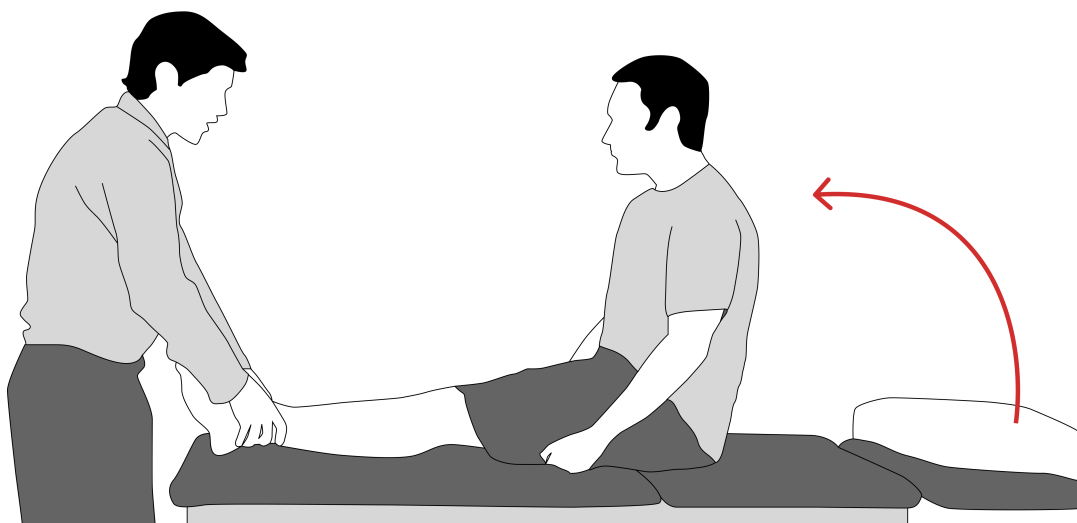
Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

## Test procedure

1. Place the patient in a supine position.
2. Put the patient in a hook lying position.
3. Ask the patient to bridge up and back down to reset pelvic alignment to neutral.



4. Ask the patient to extend their legs.
5. Hold the legs, placing your thumbs on the medial malleolus.
6. Test for leg length discrepancy.
7. While holding, ask the patient to sit up into a long sit position.



8. Monitor for leg length discrepancy during the movement.

### Test findings

- Positive:** Leg length discrepancy observed.
- Negative:** No discernible discrepancy.

### Additional notes

### Examiner information

Name:

Contact number:

Email:

Signature:

**Disclaimer:** *This test has poor validity and reliability and should likely not be used in a clinical setting. However, it may still have some utility as a screening tool.*

Levangie, P. K. (1999). Four clinical tests of sacroiliac joint dysfunction: the association of test results with innominate torsion among patients with and without low back pain. *Physical Therapy*, 79(11), 1043–1057. <https://pubmed.ncbi.nlm.nih.gov/10534797/>

Physical Therapy Nation. (2013, April 8). *Supine to long sit test*. YouTube. [https://www.youtube.com/watch?v=XkjTUbdZ4SI&ab\\_channel=PhysicalTherapyNation](https://www.youtube.com/watch?v=XkjTUbdZ4SI&ab_channel=PhysicalTherapyNation)

The Student Physical Therapist. (n.d.). *Supine to long sit test*. <https://www.thestudentphysicaltherapist.com/supine-to-long-sit-test.html>