"SCREENING" Tests for Posterior Thigh Pain: Lumbar Spine, SI Joint, Hip Joint

LUMBAR SPINE SCREENING

***FIRST = Screen for Red Flags, see this post for Red Flag Screening in Low Back Pain (Lumbar Spine):**
Physical Therapists' Role in Medical Screening for Low Back Pain

Standing Active Range of Motion (AROM):

- Flexion/Extension (single motion and repeated motions, 5-10 reps)
- Right and Left Side Bending
- Right and Left Rotation

"Quadrant Testing" (i.e., Combined motions testing with overpressure):

- **Flexion + right rotation**
- **Flexion + left rotation**
- **Extension + right rotation**
- **Extension + left rotation**

Joint Accessory Motion Testing (Assess degree of movement and pain provocation):

- Central Lumbar posterior to anterior force (CPAs) (L1-L5)
- Unilateral Lumbar posterior to anterior force (UPAs) (L1-L5)

SI JOINT SCREENING

Repeated Motions Testing for Lumbar Spine:

- Repeated Flexion/Extension to screen for Lumbar Spine directional preference

***Note:** Performing "repeated motions testing" to rule out directional preference in low back pain, improves sensitivity and specificity of Laslett's SI Joint Test Cluster, see cluster tests below:

SI Joint Pain Provocation Tests:
(*Note: most effective if use as a test cluster, 5+/5 = Sensitivity 91%) (Laslett, 2003); (Laslett, 2005; Telli, 2018)

1. **Gaenslen's Test**
2. **SI Joint Compression Test**
3. **SI Joint Gapping Test**
4. **Thigh Thrust Test**
5. **Sacral PA (Posterior to Anterior) Mobilization**

***FABER Test** (may also consider using this as part of SI Joint pain provocation test cluster; van der wurff, 2006)

HIP JOINT SCREENING

Deep Squat

- Assess depth and form, Monitor for symptom provocation

Supine Screening for Hip Joint*:
Hip PROM (with overpressure): Flexion, Abduction, IR/ER at 90° Hip Flexion
FABER Test
FADIR Test
Scour Test

***Note:** these are the tests that I typically use to screen the hip because it is a quick sequence and minimizes position changes for the patient