

Adductor Squeeze Test

ADDUCTOR SQUEEZE TEST

Name: _____ Age: _____

Examiner: _____ Date: _____ dd / mm / yyyy

Test procedure Position the patient supine on the examination table. Place a fist (or a handheld dynamometer/sphygmomanometer for objective measurement) between the patient's knees. Ask the patient to squeeze the examiner's fist maximally, contracting the hip adductor muscles. Perform this test at three different hip flexion angles: 0°, 45°, and 90°.

Test findings Result is positive if patient experiences any of the following Pain in adductor muscles Bone pain at the anterior and medial pelvic ring

Test findings result:

☐ Negative ☐ Positive

Other observations and reminders:

Healthcare professional's name: _____ License number: _____

Phone number: _____ Email: _____

Name of practice: _____