

Cluster of Laslett

CLUSTER OF LASLETT

Date of assessment: _____ dd / mm / yyyy Patient information: _____

Assessor: _____

OverviewThe Cluster of Laslett consists of four provocation tests to assess sacroiliac joint (SIJ) dysfunction. A positive result in at least two suggests the SIJ as the pain source. If the first two tests are negative, continue to the third. If still negative, perform the sacral thrust test—two positives confirm likely SIJ dysfunction. Additional clinical evaluation may be needed to rule out other causes like lumbar disc pathology, hip dysfunction, or myofascial pain.

Distraction testInstruct the patient to lie supine on the examination table with their legs extended and relaxed.Stand on the symptomatic side of the patient.Place both hands on the patient's anterior superior iliac spines (ASISs).Apply a gradually increasing dorsolateral force (outward and posteriorly) to distract the sacroiliac joint.Use 3-6 moderate velocity thrusts, increasing the pressure gradually.Observe for pain reproduction in the sacroiliac joint area.

Distraction test - Result:

☐ Positive ☐ Negative

Thigh thrust testInstruct the patient to lie supine on the examination table.Stand on the asymptomatic side of the patient.Flex the patient's symptomatic side leg to 90° of hip flexion while keeping the other leg extended.Place one hand under the sacrum for stabilization.Use the other hand to apply pressure through the patient's femur.Apply a gradually increasing longitudinal force through the femur, creating a shear force at the sacroiliac joint.Perform 3-6 high-velocity thrusts, progressively increasing the pressure.

Thigh thrust test - Result:

☐ Positive ☐ Negative

Compression testInstruct the patient to lie on their asymptomatic side on the examination table.Ensure their hips are flexed to 45° and their knees are bent to 90° for stability.Stand behind the patient, facing their pelvis.Place both hands on the anterior rim of the ilium (upper side).Apply gradually increasing vertical pressure downward through the ilium.Perform 3-6 moderate velocity thrusts, increasing pressure progressively.

Compression test - Result:

☐ Positive ☐ Negative

Sacral thrust testInstruct the patient to lie prone on the examination table.Stand next to the examination bench, ensuring a stable stance.Place the palm of one hand over the patient's sacrum at spinal level S2.Optionally, place your other hand on top to reinforce pressure.Apply a gradually increasing vertical downward force onto the sacrum.Perform 3-6 high-velocity thrusts, progressively increasing pressure.

Sacral thrust test - Result:

☐ Positive ☐ Negative

Additional notes - Specify below: