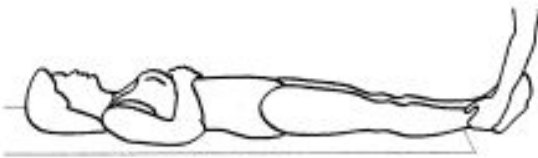


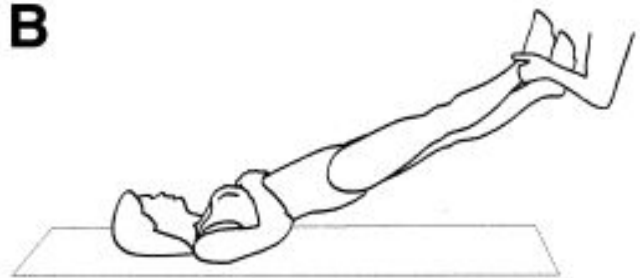
Supine Hip Extensor Manual Muscle Test and Intervention

1. Client positioned supine on a firm surface.
2. **Passive straight-leg raise range (45 degrees or 35 inches)** to determine if hamstring length is sufficient for subject to assume the testing position (and to obtain a sense of relaxed limb weight).
3. The examiner places both hands under the subject's heel (fig 2A),
4. Subject is asked to:
 - a. Press the test limb into the mat while the examiner lifts the limb at least 90cm.
 - b. Keep the hip "locked" (ie, not allow the hip to flex).
 - c. **"Don't let me lift this leg, and keep your hip locked!"**
 - d. (Subjects not given any instructions regarding the position of the contralateral limb.)

A



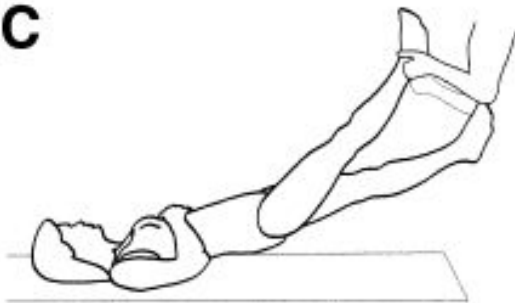
B



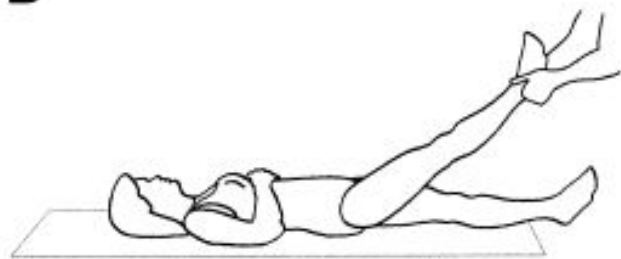
Starting position---both examiners hands under subject's heel.
"Don't let me lift this leg, and keep your hip locked!"

End position Grade 5/5 (both hips locked and pelvis even.)

C



D



Ending position for Grade 4 (good).
Hip flexion occurs before pelvis elevates while the examiner raises the leg.
Hips locked pelvis uneven.

Ending position for grades 3 (fair) and 2 (poor). Full elevation of the limb to the end of the straight-leg raising range with no elevation of the pelvis.

Grade 3→ Examiner feels "good" resistance

Grade 2→ Little resistance for grade 2

Grade 0→ No active resistance for grade 0.

Grading Criteria for the Supine Hip Extensor Test

DATE: _____

Right: _____

Left: _____

Notes: _____

Grade 5 (normal)

Hip locks in neutral (full extension) throughout the test.

Pelvis and back elevate as a locked unit as the leg is raised by the examiner.

Grade 4 (good)

A limited arc of hip flexion occurs before the pelvis and back elevate as a unit while the leg is raised by the examiner.

Grade 3 (fair)

Full flexion of the hip to the end of straight-leg raising range with little or no elevation of the pelvis.

Examiner feels “good” resistance throughout the test.

Grade 2 (poor)

Hip flexes fully with only minimal resistance felt by the examiner as the limb is raised.

Examiner perceives that resistance exceeds that due to leg weight.

Grade 0 (absent)

Hip flexes fully with no active resistance felt by examiner as limb is raised.

Examiner perceives that resistance is due to leg weight only