Abstract:

Introduction: The lack of reliable diagnostic tools continues to pose a challenge for clinicians in accurately diagnosing hip pathology. The Thomas Test, originally designed to test hip flexion contracture, has been adapted for use in evaluating iliopsoas hypertonicity and iliopsoas contracture. The Thomas Test is a simple and familiar clinical examination, which can be easily adapted to test iliopsoas hypertonicity.

Objective: The objective of this study was to validate the prone hip extension test, a modification of the Thomas Test, for assessing iliopsoas hypertonicity.

Methods: A prospective validation study was conducted. Patients with iliopsoas hypertonicity were recruited from Osteopathic medical schools and clinics. The prone hip extension test was compared to other methods of assessing iliopsoas hypertonicity, including the Thomas Test, Sanders Test, and Staheli Test. The test was administered by two examiners, and the results were analyzed for inter-rater reliability and test-retest reliability.

Results: The prone hip extension test was found to be highly reliable, with excellent inter-rater reliability (ICC = 0.928) and test-retest reliability (ICC = 0.973). The test was also found to be more accurate and versatile than other existing methods of assessing iliopsoas hypertonicity.

Conclusion: The prone hip extension test is a valid and reliable method for assessing iliopsoas hypertonicity. It is a simple and easy-to-administer test that can be used in a variety of clinical settings.

Keywords: Iliopsoas hypertonicity, Prone hip extension test, Thomas Test, Validation study.