Psecrets of The Psoas Lab Handout
Thomas Test

Negative Test

Positive Test
Thomas Test (modified)

- Tests for:
  - Iliopsoas tightness
  - Rectus femoris
  - Tensor fascia lata
  - Iliotibial band
FPR Technique

• **Dx:** $L2FR^R_S^R$

• Straighten lumbar as a whole (flexion)

• Rotate the right until you reach maximum tissue relaxation

• Sidebend right until maximum tissue relaxation (softening)

• Add some more flexion to L2-3 Add a compressive, distraction or torsional force to L3

• Wait 3-5 seconds and return to neutral passively

• Recheck
Counterstrain

• **Psoas Tender Point Location**
  • 2/3 of the distance from the ASIS towards the midline and slightly superior
Counterstain

• **Psoas Treatment**
  • Physician ipsilateral to tenderpoint
  • Identify tenderpoint
  • Bilateral Hip and Knee Flexion
  • Ankles and legs pulled toward tender point side (inducing sidebending)
  • Tenderness on re-palpation should be at 0-30%
  • Maintain position for at least 90 seconds & return patient to neutral slowly & passively (on the patient’s part).
  • Physician reassesses the tenderpoint
Counterstain

- **Iliacus Treatment**
  - Patient supine
  - Thighs are flexed with ankles crossed
  - Hips externally rotated
  - Monitor TP until tenderness on palpation is 0-30% of original
  - Maintain position for at least 90 seconds & return patient
  - Physician reassesses the tenderpoint
Muscle Energy (ME)

- **Acute**
  - Reciprocal inhibition

- **Chronic**
  - Direct Isometric
MFR and Mixed technique
Abnormal Gluteus Firing

• Test hip extension firing pattern
  • 1) Hamstring
  • 2) Gluteus
  • 3) Contralateral Quadratus Lumborum
  • 4) Ipsilateral Quadratus Lumborum
Abnormal Gluteus Firing

• Treatment in the following order:
  • Address any tight anterior hip capsule component
  • Stretch iliopsoas
  • Retrain gluteus to fire
Counterstrain Piriformis

- Location of CTS tender Point
  - Measure from PSIS to ILA
  - Measure ½ between ILA and PSIS line to greater trochanter.
  - The midpoint of this line will be the piriformis muscle tender point
Counterstain

- **Piriformis Tender Point**
  - Patient prone, affected leg off the table
  - Patients knee & hip are flexed /externally rotated /abducted while resting on physician’s lap
  - Maintain position for at least 90 seconds & return patient passively to neutral slowly
  - The physician reassesses the components of the tender point
References


