

THOMAS TEST INTERPRETATION

Movement/Limitation	Suspected Muscle Tightness
1. With the back and sacrum flat: <ul style="list-style-type: none">▶ The back of the lowered thigh <i>does not</i> touch the table▶ The knee does not flex to 80 degrees	Primary hip flexor muscles
2. With the back and sacrum flat: <ul style="list-style-type: none">▶ The back of the lowered thigh <i>does not</i> touch the table▶ The knee <i>does</i> flex to 80 degrees	The iliopsoas, which is preventing the hip from rotating posteriorly and inhibiting the thigh from being able to touch the table
3. With the back and sacrum flat: <ul style="list-style-type: none">▶ The back of the lowered thigh <i>does</i> touch the table▶ The knee <i>does not</i> flex to 80 degrees	The rectus femoris, which does not allow the knee to bend

Source: Kendall, F.P. et al. (2005). *Muscles Testing and Function with Posture and Pain* (5th ed.). Baltimore, Md.: Lippincott Williams & Wilkins.