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Straight Leg Raise Test

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Background

The Straight Leg Raise (SLR) test is a neurodynamic test. Neurodynamic tests check the mechanical movement of the neurological tissues as well as their sensitivity to mechanical stress or compression. These tests, along with relevant history and decreased range of motion, are considered by some to be the most important physical signs of disc herniation, regardless of the degree of disc injury.^[1] SLR is a neural tension test that can be used to rule in or out neural tissue involvement as a result of a space occupying lesion, often a lumbar disc herniation.^[2] It is one of the most common neurological tests of the lower limb.^[1]

Technique

The straight leg raise is a passive test. Each leg is tested individually with the normal leg being tested first.^[1] When performing the SLR test, the patient is positioned in supine without a pillow under his/her head, the hip medially rotated and adducted, and the knee extended. The clinician lifts the patient's leg by the posterior ankle while keeping the knee in a fully extended position. The clinician continues to lift the patient's leg by flexing at the hip until the patient complains of pain or tightness in the back or back of the leg.^[1]

Straight Leg Raise or Lasègue's Test for Lumbar Radiculopathy

