

# Bragard's Test (a.k.a Bragard's Sign)

**Patient's full name:**

**Date accomplished:**

**Conductor's full name:**

## What you need:

A comfortable examination bed for your patient

## Instructions:

- Have your patient lie down on it in a supine position. Make sure that their legs are straightened.
- Position yourself on the side of the patient by their legs.
- Lift the patient's leg while keeping it straight.
- Lift the leg slowly into hip flexion. While lifting the leg, tell the patient to tell you if they feel any pain or discomfort.
- Once the patient notifies you of any pain or discomfort, stop lifting the leg, but keep it where it is for the time being.
- Lower the leg by five degrees.
- Dorsiflex (bend) the ankle backward.

If dorsiflexing their ankle backward reproduces the pain they felt earlier, then the test is **positive**. If the pain seems to be coming from the hip, then you know there is nerve root compression in the lumbar area, which is a sign that they might have lumbar radiculopathy or some other lower back condition. Please endorse them for further examination to confirm the result.

If the patient doesn't feel anything at all, then they are **negative**.

## Patient Results:

- Positive**
- Negative**

## Additional Comments: