

Leg Length Imbalance Assessment



Indications

An imbalance in leg lengths can contribute to sacroiliac, lower back, and hip pain.

The imbalance can be from pelvic torsion, an anatomical short leg, or a sacral upslip. This assessment can help to differentiate the cause of the imbalance.

Cautions

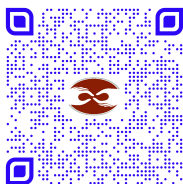
If doing a bridge causes a hamstring cramp, have your client try to extend their knee against resistance. This engages the quadriceps and inhibits the hamstrings, helping relieve the cramp.

Technique - Long Sit Test

Have your client supine on the table and do several bridges. If your client is unable to do a bridge, you can shake out their legs to balance the pelvis before doing the assessment.

Notice how the medial malleolus on both ankles lines up. If your client is obese and you can't see the medial malleolus, place your thumb on each medial malleolus and see how your thumbs line up.

If you see a discrepancy, have your client sit up and reassess. If the **discrepancy resolves** when they sit up, the cause is likely **pelvic torsion**. If there is **no change upon sitting up**, the cause can be from an anatomical short leg or a **sacral upslip**.



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[Leg Length Stabilization](#)

[Pelvic Balancing Self-Care](#)

Sacral Upslip

[Quadratus Lumborum - Resistance Release](#)

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[Low Back, Sacroiliac and Hip Pain - Self-Care](#)