

Ischiofemoral impingement: the Long stride walking test

The patient. A 38-year-old runner has had deep pain in one buttock for several months, worse with running, and has been referred to a hip clinic.

Starting chance. For this exercise, assume a 20% chance of ischiofemoral impingement before testing. This is a teaching assumption, not a published figure.

Question. Ischiofemoral impingement is one possibility. What does the long stride walking test add?

Teaching case: Answer

The test. The patient walks with deliberately long strides, then with short strides. Positive: Deep buttock or posterior hip pain at the end of hip extension on long strides that settles with short strides.

Why this test. The library rates this test as ‘useful in both directions’ for ischiofemoral impingement. Sensitivity 94%, specificity 85%; LR+ 6.12, LR– 0.07.

Result	Likelihood ratio	Chance after the test
Positive	6.12	about 60%
Negative	0.07	about 2%

Take-home point. Both results help: a positive moves the chance from 20% to about 60%, and a negative brings it down to about 2%.

Figures: Gómez-Hoyos J, Martin RL, Schröder R, Palmer IJ, Martin HD. Accuracy of 2 Clinical Tests for Ischiofemoral Impingement in Patients With Posterior Hip Pain and Endoscopically Confirmed Diagnosis. Arthroscopy. 2016;32(7):1279-1284. They describe the patients in that study, not every patient. Worked with odds: starting odds × likelihood ratio = odds after the test.