## THOMAS TEST INTERPRETATION

<table>
<thead>
<tr>
<th>Movement/Limitation</th>
<th>Suspected Muscle Tightness</th>
</tr>
</thead>
</table>
| **1. With the back and sacrum flat:**  
  - The back of the lowered thigh *does not* touch the table  
  - The knee *does not* flex to 80 degrees | Primary hip flexor muscles |
| **2. With the back and sacrum flat:**  
  - The back of the lowered thigh *does not* touch the table  
  - The knee *does* 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:**  
  - The back of the lowered thigh *does* touch the table  
  - The knee *does not* flex to 80 degrees | The rectus femoris, which does not allow the knee to bend |