

# Ballottement Test

Name:

Date:

The ballottement test is a medical examination used to assess the strength and integrity of the knee joint.

## Instructions

1. Begin by having the patient lie down in a prone position and then flex their knee.
2. Place your hand on the distal end of the femur and press downwards against it, creating gentle pressure in an anteroposterior direction.
3. While maintaining the gentle pressure, move your hand superiorly and inferiorly along the femur to feel for any sensation of “bouncing” or resistance between the knee joint surfaces.
4. Remember that during a positive ballottement test result, there should be a palpable sense of increased rebound pressure on the knee joint.
5. If there is no such sensation of increased rebound pressure, the ballottement test result is considered negative.
6. To confirm a positive result, repeat the same procedure on both knees and compare.
7. Remember to pay attention to any signs of discomfort or pain in the patient during the procedure.
8. Once you have concluded your findings, document them in the patient's medical records.
9. Give appropriate advice and recommendations to the patient based on your examination results.

## Reminders

- Check for resistance in the tissue
- Use your fingers to palpate along the knee joint line and listen for an increased sound
- Feel for changes in tone or texture of the underlying tissues
- Test all sides of the knee, including medial, lateral, and posterior regions
- Repeat the test on both legs for comparison
- Look to see if there's any swelling or discoloration around the knee joint, especially after activity
- Feel for warmth and tenderness around the knee area
- Observe the patient's gait when walking and note any limping or instability in their stride
- Refer the patient for further medical evaluation and treatment if needed

## Additional Notes