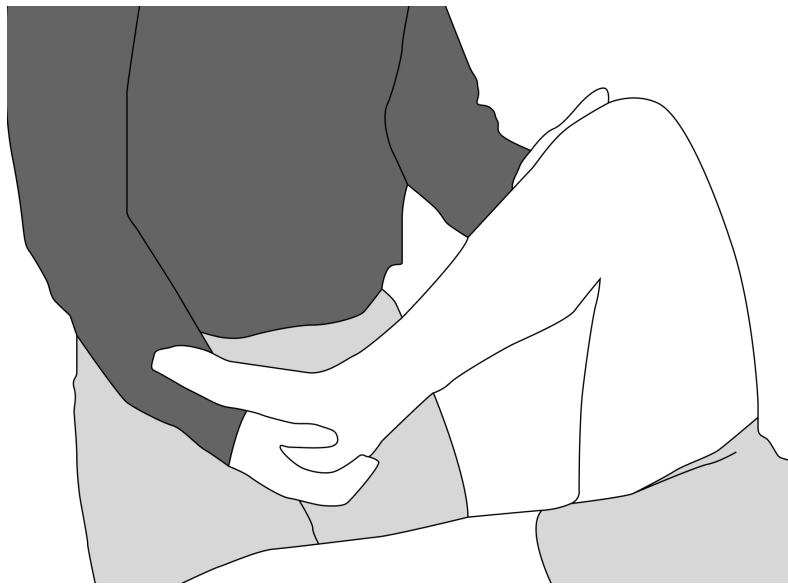


Bounce Home Test

Name: _____ Date: _____

Instructions

1. Have the patient lie **supine** (on their back) on an examination table with their legs relaxed.
2. Stand beside the patient and gently hold their heel with one hand to support the leg. Passively flex the patient's knee by guiding the lower leg toward the thigh.
3. From the flexed position, passively allow the knee to extend by gently letting go without applying resistance or force. Do not actively push the leg into extension.



4. Watch how the knee extends. A normal knee should “bounce home” into full extension with a sharp, definitive end feel.

Results

- ☐ **Positive:** The knee does not extend completely, or if there's a rubbery end feel, pain, or mechanical block, which may suggest a meniscal tear or intra-articular pathology.
- ☐ **Negative:** The knee fully extends with no restriction or pain.

Additional notes