

Femoral Nerve Tension Test

Date:

Patient's Name:

Examiner's Name:

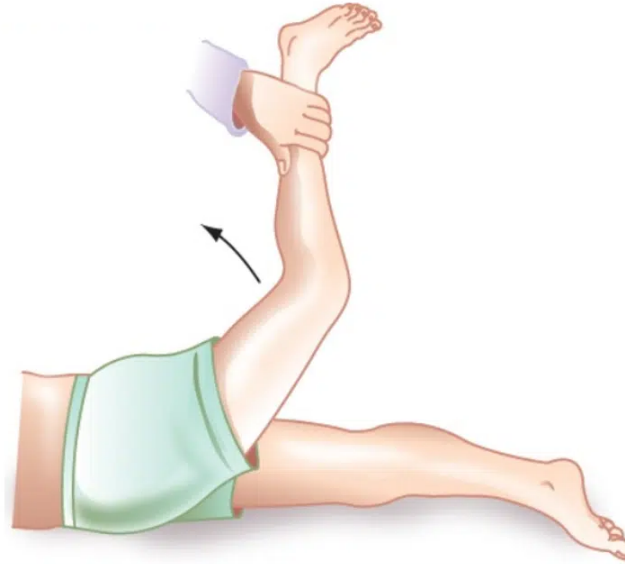


Illustration courtesy of ORTHOFIXAR.COM

Instructions:

1. Have your patient in a prone position or lying face down. You may provide a pillow to place under their abdomen for their comfort.
2. Bend or flex the knee 90 degrees.
3. Hyperflex the knee or push the ankle downwards or towards the buttocks.
4. If the patient doesn't show any symptoms, stabilize the hip with one hand, lift the knee, and push the ankle towards the buttocks once more.

Test Result:

Positive test if:

- The patient feels a tightness in the anterior thigh
- The patient feels a shooting, stabbing, or burning sensation symptomatic of nerve pain.

Patient Results:

- Positive
- Negative

Additional Notes: