

Patellar Apprehension Test

Name:

Date:

The Patellar Apprehension Test is a physical examination technique used to assess the stability of the patella or kneecap. It is typically performed as part of an evaluation for patellar instability or dislocation.

Instructions

1. First, introduce yourself to the patient and explain what the test involves. You want to make sure they're comfortable and understand what will happen.
 2. Have the patient lie on their back on the examination table with their legs extended.
 3. Flex the patient's knee to approximately 20-30 degrees.
 4. Place one hand on the patient's distal thigh to stabilize the leg and the other hand on the patella.
 5. Apply lateral pressure to the patella, pushing it towards the outside of the knee while maintaining slight flexion.
 6. Slowly move the patella back and forth while maintaining pressure.
 7. Observe the patient's reaction. If the patient expresses discomfort or apprehension, this may indicate patellar instability.
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Reminders

- Always start with a thorough patient history and physical examination before performing special tests.
 - Ensure the patient is comfortable and understands the test before proceeding.
 - Be gentle and gradual in applying pressure to the patella.
 - Observe the patient's reaction and be ready to stop the test if they experience significant pain or discomfort.
 - Remember that the Patellar Apprehension Test is just one part of a comprehensive evaluation for patellar instability and should be used in conjunction with other tests and imaging as needed.
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Additional Notes: