

Patellar Grind Test

Patient's full name: _____ Date accomplished: _____

Clinician's full name: _____

Instructions:

- Tell your patient to lie down on the examination table in a supine position (lying face up).
- Tell them to extend the knee that is affected.
- Position yourself beside the knee that is affected.
- Place one of your hands on the distal end of the patient's thigh, just right above the affected knee.
- Place your other hand on the patella.
- Tell your patient that you are about to apply pressure on their patella, and once you do, the patient must gently and gradually contract their quadriceps muscle by attempting to straighten their knee against your hand.
- Once the patient understands what they have to do, apply pressure on their patella.
- While applying pressure on their patella, move your hand back and forth along the trochlear groove of the patella.

Positive Negative

The results are **negative** if the patient does not feel any pain or a grinding sensation while you are performing the aforementioned action.

The results are **positive** if the patient feels pain or a grinding sensation while you perform the action. Pain or a grinding sensation in the kneecap is indicative of Patellofemoral Pain Syndrome and related conditions like Chondromalacia Patella and Patellar Tendinopathy.

Additional Comments: