

Prone Knee Bend Test

Patient's full name:

Date assessed:

What you need:

- An examination bed

Instructions:

- Have the patient lie down in a prone position
- Place one hand on the patient's posterior thigh and one on the lower leg
- Push the lower leg upward to flex the knee
- Gently push the leg to complete knee flexion
- Maintain knee flexion position for 45 to 60 seconds
- Check for replication of pain symptoms while maintaining the position

Alternate instructions if the knee can't be completely flexed:

- Perform passive hip extension by raising the knee a little bit
- Flex the knee up to the point it's capable of flexing while raising the knee
- Maintain knee flexion position for 45 to 60 seconds
- Check for replication of pain symptoms while maintaining the position

Results:

Positive: unilateral pain in the lumbar spine area, buttocks, or posterior thigh(s); the pain may be located in the L2-L4 nerve roots of the lumbar spine

Positive: pain in the anterior thigh area, there may be neural tension in the femoral nerve

Negative: no pain

Negative: there is pain, but not in the lumbar region; might have to conduct other tests

Additional Comments:

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Assessor's name:	
Signature:	
Date signed:	