

Prone Knee Bend Test

Patient's full name: _____ Date assessed: _____

What you need

- A comfortable examination bed

Instructions

- Have the patient lie down in a prone position.
- Place one hand on the patient's lower leg.
- Push the lower leg upward to flex the knee.
- Gently push the leg to complete knee flexion.
- 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. You can also assess whether this may be too provocative in an active nerve root compression.
- 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: If there is 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. There might be a need to conduct other tests.

Additional notes**Assessor information**

Assessor's name:

Signature:

Date signed: