

Quadriceps Strain Test

Patient name: _____ Age: _____

Assessor: _____ Date of assessment: _____

Seated position

1. Explain the test to the patient.
 2. Ensure the patient is seated at the edge of the table with legs hanging freely.
 3. Stand beside or in front of the patient.
 4. Ask the patient to extend their knee against resistance.
 5. Apply resistance at the anterior aspect of the distal tibia while stabilizing the thigh.
 6. Observe for pain, weakness, or compensation patterns.
 7. Ask the patient to extend their knee against resistance while maintaining a flexed hip.
 8. Observe for pain, weakness, or difficulty maintaining resistance.
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Prone position

1. Position the patient lying prone with legs extended.
 2. Ask the patient to extend the knee against resistance while keeping the hip extended.
 3. Apply resistance at the distal tibia while stabilizing the pelvis.
 4. Observe for pain, weakness, or any compensatory movements.
 5. Passively flex the patient's knee while keeping the hip extended.
 6. Observe for tightness, pain, or restriction in motion.
 7. Compare with the unaffected side.
 8. Palpate the quadriceps, focusing on the rectus femoris, vastus lateralis, vastus medialis, and vastus intermedius.
 9. Identify areas of tenderness, swelling, or palpable defects in the muscle.
 10. Assess for signs of hematoma, bruising, or abnormal muscle tone.
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Result

Grade 1 (Mild): Minimal pain, no significant weakness, normal range of motion.

Grade 2 (Moderate): Moderate pain, weakness, and some loss of function.

Grade 3 (Severe): Significant pain, inability to contract the muscle, visible or palpable defect.

Additional notes