

Quadriceps Strain Test

Name: _____ Date: _____

Instructions:

1. Position the patient in a supine or seated position on an examination table.
2. Explain the procedure to the patient, emphasizing that you will be evaluating the strength of their quadriceps muscles and assessing their ability to perform specific movements.
3. Start by testing the strength of the quadriceps muscles by resisting knee extension. Instruct the patient to straighten their knee by extending their leg while you provide resistance against this movement.
4. Compare the strength of the quadriceps muscle on the injured side to the strength of the quadriceps muscle on the uninjured side. Note any differences in strength or ability to perform knee extension.
5. Next, assess the strength of the quadriceps muscles by resisting hip flexion. Instruct the patient to lift their leg off the examination table by flexing their hip while you provide resistance against this movement.
6. Again, compare the strength of the quadriceps muscle on the injured side to the strength of the quadriceps muscle on the uninjured side. Pay attention to any discrepancies in strength or ability to perform hip flexion.
7. Evaluate the patient's active knee flexion. Measure the angle of knee flexion using a goniometer or visually estimate the angle with the patient in a seated or supine position.

Findings

Additional Notes