

Slocum Test

Patient information

Full name:

Age:

Date assessed:

Instructions

The Slocum Test is a clinical assessment used to evaluate the stability of the knee joint and identify any potential knee pathologies. Specifically, it is designed to diagnose anterior instability of the knee, which is when the knee joint moves too far forward and out of place.

1. Start by introducing yourself to the patient and explaining the purpose of the Slocum Test. Make sure to establish a friendly and comfortable rapport with the patient to help them feel at ease.
2. Ask the patient to lie down on their back on the examination table with their affected knee slightly bent.
3. Position yourself on the affected side of the patient and use one hand to stabilize their foot and ankle.
4. With your other hand, gently apply an anterior force to the patient's knee joint while carefully observing any signs of movement or instability (increased movement and/or a palpable jerk).
5. Repeat the test with the patient's foot and ankle rotated inward (internal rotation) or outward (external rotation) to assess for different types of anterior instability.
6. Compare the results of the Slocum Test to the patient's other knee and any other diagnostic tests that may have been performed to confirm a diagnosis.

Reminders

- Always make sure the patient is comfortable and properly positioned on the examination table.
- Use gentle but firm pressure when applying the anterior force to the knee joint to avoid causing any discomfort or injury to the patient.
- Be observant and look for any signs of anterior instability, such as excessive movement or a "sinking" sensation in the knee joint.
- Consider using other diagnostic tests or imaging studies to confirm a diagnosis if the Slocum Test results are inconclusive or unclear.

Results

Positive: Patient has increased anterior tibial translation with tibial internal rotation, excessive movement on the knee's lateral aspect, and/or a palpable jerk when the knee passes into the 25 to 40 degree flexion range.

☐ **Negative:** No signs of instability or injury.

Additional notes