

Duck Walk Test

PATIENT INFORMATION

Name: _____ Date of birth: _____ dd / mm / yyyy

Date of test: _____ dd / mm / yyyy Clinician name: _____

PurposeTo assess the integrity of the medial meniscus in the knee joint.

ConsiderationsEnsure the patient is adequately warmed up before performing the test to prevent injury.This should not be administered to patients who had a positive McMurray Test result or when the patient lacks full flexion due to considerable compressive force.The Duck Walk Test should be performed by trained personnel to ensure accurate assessment and interpretation of results.Follow-up with imaging (e.g., MRI) may be warranted if the test is positive.

ProcedureThe patient should stand with feet shoulder-width apart.Instruct the patient to assume a squatting position by bending at the knees and lowering the hips down and behind them. Ensure the spine remains straight.While maintaining the squat position, the patient should waddle back and forth and from side to side by taking small steps, keeping the hips low and the feet flat on the ground.Observe for any signs of pain, clicking, or instability in the knee during the test. Note any difficulty in maintaining the squat position or completing the walk.

Results - Select one:

- ☐ Positive test: Patient unable to attain knee flexion due to pain or clicking at the posterior medial portion of the joint or inability to walk comfortably.
- ☐ Negative test: No pain or discomfort during the test, indicating a lower likelihood of meniscal tears.

Additional notes - Specify below:

Clinician: _____ Date: _____ dd / mm / yyyy