

Hoffa's Fat Pad Test

PATIENT INFORMATION

Name: _____ Age: _____

Gender:

☐ Male ☐ Female ☐ Prefer not say

PurposeHoffa's test is used to diagnose impingement of the infrapatellar fat pad, also known as Hoffa's disease. Impingement of the infrapatellar fat pad can cause anterior knee pain, and this test helps identify the presence of this condition. By applying pressure to the medial or lateral side of the patellar tendon and observing pain during knee extension, clinicians can determine if the fat pad is impinged.

Equipment neededExamination tableComfortable padding for patient positioning

Time requiredApproximately 5-10 minutes

Test procedureHave the patient lie in a supine position on the examination table.Flex the patient's knee.Apply pressure to the medial or lateral side of the patellar tendon to test each fat pad.Passively extend the knee while maintaining pressure.Check for pain; a positive impingement test is indicated if pain and discomfort are felt during the last 10 degrees of knee extension.

TEST RESULTS

Right knee:

- ☐ Positive: Pain and discomfort during the last 10 degrees of knee extension.
☐ Negative: No pain or discomfort during the last 10 degrees of knee extension.

Left knee:

- ☐ Positive: Pain and discomfort during the last 10 degrees of knee extension.
☐ Negative: No pain or discomfort during the last 10 degrees of knee extension.

Specify below:

HEALTHCARE PROFESSIONAL INFORMATION

Name: _____

Signature:

Date: _____ dd / mm / yyyy