

Prone Knee Bend Test

Patient's full name: _____ Date assessed: _____ dd / mm / yyyy

What you need A comfortable examination bed

Instructions Have the patient lie down in a prone position. Place one hand on the patient's lower leg. Push the lower leg upward to flex the knee. Gently push the leg to complete knee flexion. Check for replication of pain symptoms while maintaining the position.

Alternate instructions if the knee can't be completely flexed Perform passive hip extension by raising the knee a little bit. Flex the knee up to the point it's capable of flexing while raising the knee. Maintain knee flexion position for 45 to 60 seconds. You can also assess whether this may be too provocative in an active nerve root compression. Check for replication of pain symptoms while maintaining the position.

RESULTS

Test Result

- ☐ Positive: Unilateral pain in the lumbar spine area, buttocks, or posterior thigh(s); the pain may be located in the L2-L4 nerve roots of the lumbar spine.
- ☐ Positive: If there is pain in the anterior thigh area, there may be neural tension in the femoral nerve. ☐ Negative: No pain.
- ☐ Negative: There is pain, but not in the lumbar region. There might be a need to conduct other tests.

ADDITIONAL COMMENTS

Specify below:

ASSESSOR INFORMATION

Assessor's full name: _____

Signature: _____

Date signed: _____ dd / mm / yyyy

Reference Physiotutors. (2016, August 23). Reversed lasègue or prone knee bending test [Video]. YouTube. <https://www.youtube.com/watch?v=4VxKyPRq6HA>