

Quadriceps Active Test

PATIENT INFORMATION

Name, date of birth, and gender: _____ Date of test: _____ dd / mm / yyyy

Height: _____ Weight: _____

The Quadriceps Active Test is a clinical examination used to detect a tear of the knee's posterior cruciate ligament (PCL). This test is beneficial for patients who present with knee pain, instability, or a history of trauma to the knee. The test helps determine the integrity of the PCL by assessing the anterior translation of the tibia when the quadriceps muscle is contracted.

AFFECTED KNEE

Anterior translation of the tibia: _____ Knee flexion angle: _____

Pain level during test (0-10): _____

Quadriceps muscle contraction:

☐ Present ☐ Absent

UNAFFECTED KNEE

Anterior translation of the tibia: _____ Knee flexion angle: _____

Pain level during test (0-10): _____

Quadriceps muscle contraction:

☐ Present ☐ Absent

Select which is applicable:

☐ Positive ☐ Negative

HEALTHCARE PRACTITIONER'S NOTES

Additional observations:

Patient feedback:

Recommendation and follow-up plan:

HEALTHCARE PRACTITIONER'S INFORMATION

Name: _____

Signature: _____
Date: _____ dd / mm / yyyy