Knee Special Tests: Other Tests

The Patellar Apprehension Test is used to assess the potential for patellar dislocation or subluxation by applying a lateral force to the patella while the knee is flexed. The Patellar Tilt Test involves applying a medial or lateral force to the patella to assess its stability and tilt. The Noble Compression Test evaluates for patellar tracking issues and IT band friction syndrome by applying pressure to the lateral femoral condyle while the knee is flexed and extended. Lastly, the Patellar Grind Test is performed by applying pressure to the patella while the knee is actively flexed and extended, assessing for patellofemoral joint dysfunction. These tests aid healthcare professionals in diagnosing and determining appropriate treatment strategies for patients with patellar instability or related conditions, facilitating optimal management and recovery.



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Other Knee Special Tests

Patellar Apprehension Test
Potato Apprehensive
The patient will be lying supine with the testing knee flexed to 30 degrees - the quadriceps should be relaxed to allow for passive movements of the patella. The clinician will then use both thumbs, pressing on the medial side of the patient's patella in a lateral direction. A positive test is indicated by the production of pain and apprehension.

Patellar Tilt Test
Potato Tilt
The patient will be lying supine with the test knee extended. The clinician will lift the lateral edge of the patella from the lateral femoral condyle. A positive test is indicated if the patella is not able to be lifted at least to a neutral angle (using the horizontal plane as your marker).

Noble Compression Test
Noble Compression-by-vice
The patient will be lying supine - the clinician will grasp just above the ankle and will slowly flex and extend the knee back and forth several times from 0 to 90 degrees while palpating and applying firm pressure on the lateral epicondyle of the femur for crepitus with the thumb of the other hand. A positive test is indicated by a palpable snapping, rubbing, crepitus, or localized pain that increases with pressure at or above the epicondyle, which indicates IT band syndrome.

Patellar Grind Test
Potato Grinder
AKA: the Clark test. The patient will be lying supine with the testing knee extended. The clinician will place the web space of their hand just above the patella while applying pressure. The patient will be asked to gently and gradually contract the quadriceps, and a positive test is indicated if the patient experiences pain.

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