

Bent Knee Stretch Test

Name: _____ Age: _____

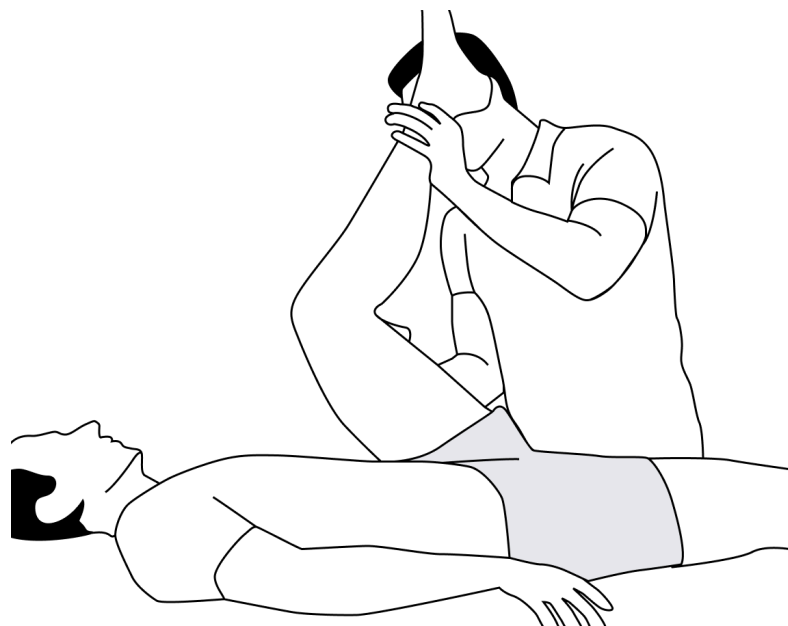
Examiner: _____ Date: _____

Test procedure

1. The patient lies in a supine position on the examination table.
2. The examiner maximally flexes the patient's hip and knee.



3. The examiner then slowly straightens the knee.



Test findings

- Negative: No exacerbation of the patient's familiar symptoms.
- Positive: Exacerbation of the patient's familiar symptoms.

Additional notes

Healthcare professional's information

Name:

License number:

Phone number:

Email:

Name of practice:

Physiotutors. (n.d.). Bent knee stretch test | Proximal hamstring tendinopathy.
<https://www.physiotutors.com/wiki/bent-knee-stretch-test/>

Cacchio, A., Borra, F., Severini, G., Foglia, A., Musarra, F., Taddio, N., & De Paulis, F. (2012). Reliability and validity of three pain provocation tests used for the diagnosis of chronic proximal hamstring tendinopathy. *British Journal of Sports Medicine*, 46(12), 883–887.
<https://doi.org/10.1136/bjsports-2011-090325>