

# Bounce Home Test

Name	Date
<p>The Bounce Home Test is a diagnostic tool used to assess the integrity of the meniscus, a type of cartilage in the knee.</p>	
<b>Instructions</b>	
<p>To position the patient, gently guide them to lie flat on their back on an examination table, ensuring their body is fully aligned.</p> <ol style="list-style-type: none"><li>1. Next, prepare the leg for testing by making sure it is fully extended. Hold the heel of the leg being tested, providing support and stability.</li><li>2. Now, it is time to perform the test. Swiftly raise the patient's leg, maintaining control and precision, and then gently release it. Observe as the leg bounces once and then comes to rest, paying close attention to any subtle movements or indications.</li><li>3. Finally, carefully observe the results. In a normal response, the knee should fully extend without any discomfort or pain.</li><li>4. If the knee appears to spring back or if the patient reports any form of discomfort, it could be a positive indication of possible meniscal damage.</li><li>5. It is important to note and document any abnormal findings for further evaluation and appropriate medical attention.</li></ol>	
<b>Reminders</b>	
<ul style="list-style-type: none"><li>• Throughout the process, ensure the patient's comfort is prioritized.</li><li>• Be mindful of any pain or discomfort the patient may experience.</li><li>• Always compare the results with the opposite, healthy knee for a more accurate assessment.</li></ul>	
<b>Additional notes</b>	