

Kernig Sign Test

Name: _____ Age: _____

Examiner: _____ Date of test: _____

Purpose

The Kernig test is used to assess the presence of meningitis or inflammation of the meninges, the membranes surrounding the brain and spinal cord. It is a physical examination maneuver that helps detect signs of irritation of the meninges.

Test procedure

1. Instruct the patient to lie down on their back on an examination table. Ensure the patient is relaxed and comfortable before beginning the test.
2. Explain the procedure to the patient to gain their cooperation and help them understand what to expect.
3. Position the patient lying on their back. Their hips and knees should be flexed to 90 degrees.
4. Slowly extend the knee and observe if the patient is able to extend it beyond 135 degrees.
5. Repeat the test on both sides.

Results

- Positive:** If the patient cannot extend their knee beyond 135 degrees, this may indicate a positive Kernig Sign.
- Negative:** If the patient is able to extend their knee beyond 135 degrees without any pain or discomfort, this may indicate a negative Kernig Sign.

Note: The Kernig Sign has low sensitivity. Additional diagnostic tests, such as a lumbar puncture, are required to confirm a meningitis diagnosis.

Additional notes

Healthcare professional information

Name:

Signature:

Date: