

# Kernig's Sign

Name of patient: \_\_\_\_\_ Age: \_\_\_\_\_

Examiner: \_\_\_\_\_ Date: \_\_\_\_\_

Kernig's Sign is a clinical sign to evaluate for meningitis. It becomes positive when the patient experiences pain or resistance in the lower back or hamstrings upon attempting to extend the knee with the hip flexed at a 90-degree angle. This sign indicates irritation of the meninges.

## Test procedure

1. Ensure the patient is in a supine position.
2. Flex the patient's hip to 90 degrees with the knee also bent at 90 degrees.
3. Attempt to slowly extend the knee while keeping the hip flexed.
4. Observe for any resistance or pain during this maneuver, which can indicate a positive Kernig's Sign.

## Test findings

- **Positive Kernig's Sign:** Checked if there is resistance, pain, or an inability to fully extend the knee, typically felt in the lower back
- **Negative Kernig's Sign:** Checked if the knee extends smoothly without resistance or pain

Other observations and additional notes regarding procedure:

**Examiner's additional notes**

Input any notes for the caretaker or other members of the care team here:

**Healthcare professional's information**

Name:

License number:

Phone number:

Email:

Name of practice: