

Noble Compression Test

Purpose	
This test aims to detect the iliotibial tract's pain, abnormalities, and tightness, which can indicate iliotibial band syndrome. It helps to differentiate iliotibial band syndrome from other common causes of lateral knee pain.	
Interpretation	
Palpable snapping, rubbing, or "squeaky hinge-like" crepitus or localized pain that increases with pressure at or above the epicondyle (often at 30° of flexion) indicates ITB syndrome.	
Section I: Patient information	
Patient name:	
Date of birth:	Date of examination:
Presenting complaint:	
Relevant medical history:	
Previous injuries / treatments:	
Section II: Test procedure	
Patient position:	Knee flexion range:
Pressure application form:	
Number of flexion movements:	
Section III: Findings	
Crepitus present: Yes No	
Description of crepitus:	
Pain location:	
Pain intensity: 1 2 3 4 5 6 7 8 9 10	
Pain occurrence (at what degree of flexion):	

Section IV: Recommendations

Potential diagnosis:

Further testing required: Yes No

Referred to:

Treatment recommendations:

Follow-up appointment: Yes No

Follow-up date (if applicable):

Healthcare professional's name:

Signature:

Date: