

Plica Syndrome Test (Mediopatellar Plica Test)

Patient information

Name:

Age:

Date of test:

Purpose

The Mediopatellar Plica Test, also known as the Mital-Hayden Test, is used to identify pain originating from the medial patellar plica. This test helps diagnose issues related to the medial patellar plica, which can cause anterior knee pain due to inflammation or irritation.

Equipment needed

Examination table

Test procedure

1. Instruct the patient to lie supine on the examination table. Ensure the patient is relaxed and comfortable. Explain the procedure to the patient to gain their cooperation and help them understand what to expect.
2. Position the patient's knee at about 30° flexion. Support the knee with your hand to maintain this position throughout the test.
3. Place your two thumbs on the lateral border of the patella. Apply pressure with your thumbs to glide the patella medially. This movement aims to provoke any pain originating from the medial patellar plica.
4. Monitor the patient's response to the medial glide of the patella. A positive test is indicated by provocation of pain, suggesting an inflamed medial patellar plica.

Results

- Positive:** Indicates potential inflammation or irritation of the medial patellar plica
- Negative:** Suggests no significant issues with the medial patellar plica

Additional notes

Healthcare professional information

Name:

Signature:



Date:

Reference

Physiopedia. (n.d.). Mediotatellar plica test. https://www.physio-pedia.com/Mediotatellar_Plica_Test