

Quadriceps Active Test

Patient information

Name:

Date of birth:

Gender:

Date of test:

Height:

Weight:

Test overview

The Quadriceps Active Test is a clinical examination used to detect a tear of the knee's posterior cruciate ligament (PCL). This test is beneficial for patients who present with knee pain, instability, or a history of trauma to the knee. The test helps determine the integrity of the PCL by assessing the anterior translation of the tibia when the quadriceps muscle is contracted.

Instructions for the patient

- Wear comfortable clothing that allows clear visibility of the knee.
- Lie on your back with your legs fully extended.
- Follow the clinician's instructions carefully during the test.

Test procedure

1. The patient lies supine (on their back) on the examination table with both legs extended.
2. The clinician bends the affected knee to 90 degrees while the foot remains flat on the table.
3. The clinician stabilizes the patient's foot and asks the patient to relax their quadriceps muscle.
4. The clinician instructs the patient to contract the quadriceps muscle while applying resistance to the lower leg.
5. The clinician observes the anterior translation of the tibia. An excessive forward movement of the tibia indicates a positive Quadriceps Active Test, suggesting a PCL injury.

Measurements

Affected knee

Anterior translation of the tibia:

Knee flexion angle:

Quadriceps muscle contraction:

Present

Absent

Unaffected knee

Anterior translation of the tibia:

Knee flexion angle:

Pain level during test (0-10):

Quadriceps muscle contraction:

Present

Absent

Interpretation

Positive

- Indication: Excessive forward movement of the tibia on the affected side.
- Possible diagnosis: Posterior Cruciate Ligament (PCL) tear.
- Suggests a PCL injury, which may require further imaging (MRI) and orthopedic consultation.
- Indicates a potential need for physical therapy focusing on knee stabilization and strengthening.

Negative

- Indication: No excessive forward movement of the tibia.
- Possible diagnosis: Unlikely PCL tear; consider other potential knee issues.

Healthcare practitioner's notes

Additional observations:

Patient feedback:

Recommendations and follow-up plan:

Healthcare practitioner's information

Name:

Signature:

Date: