

Video: Modified bent-knee test—Common Running Injuries: Evaluation and Management.mp4

Speaker 1: [00:00:00] Modified bent-knee test for hamstring tendinopathy. The modified bent-knee test is a reliable test for diagnosing hamstring tendinopathy. The test has a positive likelihood ratio of 10 and a negative likelihood ratio of 0.1 To perform this test, the examiner passively flexes the affected knee and hip of a supine patient. The knee is rapidly extended by the examiner. A positive test causes pain within the proximal hamstring tendon, which is felt in the lower buttock or upper thigh.