

## **Video: Noble compression test—Common Running Injuries: Evaluation and Management.mp4**

**Speaker 1:** [00:00:01] Noble's Test—Noble's test is the most frequently used diagnostic test for iliotibial band syndrome as a cause of lateral knee pain. Noble's test has never been validated, likely due to a lack of diagnostic standard. For this test, the patient is supine. The examiner places a finger along the iliotibial band approximately five centimeters proximal to the lateral femoral epicondyle. The examiner passively arranges the knee between 0 and 60 degrees. A positive test will recreate the patient's pain at approximately 30 degrees.