

## **Video: Single-leg decline squat—Common Running Injuries: Evaluation and Management.mp4**

**Speaker 1:** [00:00:00] The single-leg decline squat is a relatively accurate test for diagnosing patellar tendinopathy. The test has a positive likelihood ratio of 4 and a negative likelihood ratio of 0.5. For this test, the unaffected leg is extended with the hip flexed to keep the foot off of the ground. In this position, the patient has a squat on the affected leg. A positive test recreates pain in the inferior patella.