

**Description**

The patient is asked to stand before the examiner. Between the patient and the examiner a small wooden footstool is placed.

The Patient is asked to place his leg with bended knee on the footstool. Now you place your hand with firm pressure on the lateral side of the patella preventing that from dislocating to the lateral side. Now the patient is asked to elevate his body and step with the other leg on the footstool. Patient's pain and sensations are recorded.

In the second part of this test the patient is asked to step back again with his other leg leaving the first leg on the footstool. Again patient's pain and sensations are recorded.

In the third and fourth part of this test the same manoeuvre is repeated with the hand placed on the medial side of the patella trying to dislocate the patella laterally. Patient's pain and sensations are recorded again.

**Coding:**

- (-) no pain
- (+) slight or moderate pain
- (++) severe pain
- (+++) painful dislocation of the patella

**Patella Instability Matrix**

	Right Knee (injured)		Left Leg (injured)	
	Lateral Pressure	Medial Pressure	Lateral Pressure	Medial Pressure
UP				
Down				

**Additional Comment:**