

Lateral Step Down Test

Starting Position: Single leg standing at edge of 20cm step, hands on waist and knee straight.

Movement: Step down x5 reps, foot flat on the ground, heel touching.

Examiner: Facing patient.

Scoring (1 point for each strategy):

- (1) Arm strategy - uses arms to recover balance.
- (1) Trunk strategy - trunk lean to recover balance.
- (1) Pelvis strategy - pelvis *rotates or elevates* on one side to maintain balance.
- (2) Knee strategy - knee deviates medial to the 2nd ray (1 point)
 - knee deviates medial to the medial border of the foot (1 point)
- (1) Steadiness, wavering or step-down to recover

Score Analysis: 0-1 points Good quality
2-3 points Medium quality
≥ 4 points Poor quality

Inter-tester reliability: 0.67 (moderate)

Kappa: 80% agreement

Reference: Piva SR et al. Reliability of measures of impairments associated with patellofemoral pain syndrome. BMC Musculoskeletal Disorders. 2006; 7(33).