

Noble's Test

The Noble's test (also known as Noble's Compression test) is a provocative test of the iliotibial band, developed by Clive Noble. It is commonly used as an indication for [iliotibial band syndrome](#); however no evidence-based research has been done yet to control the validity of this test. Other tests that could be used are the modified [Ober's test](#) and the [Renne Creak test](#). [1][2][3]

Clinically Relevant Anatomy

Relevant anatomy related to the test is knowledge of the iliotibial band. It starts as the iliotibial tract, which is a thickening of the fascia lata, originating from the iliac crest. The iliotibial tract continues downward, laterally from the femur. At the greater trochanter, fibers of the tensor fascia lata muscle and gluteus maximus muscle inserts in the iliotibial tract. When approaching the [knee](#) joint, the iliotibial tract passes the lateral epicondyle of the femur and splits into two structures: the iliopatellar band, and a distal extension inserting at the Gerdy tubercle (Figure 1).[4]

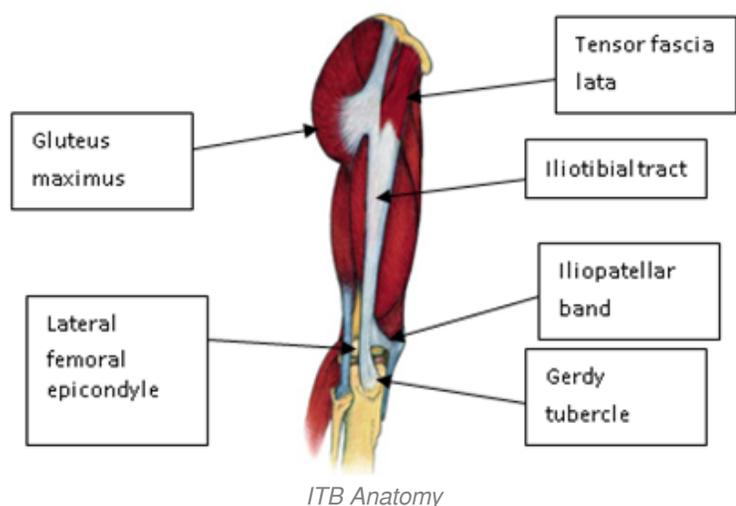


Figure 1. Anatomy of the ITB and other relevant structures.[4]

Purpose

The purpose of this test is to detect pain, abnormalities, tightness of the iliotibial tract, which can be indicative for the iliotibial band syndrome. It helps to differentiate [iliotibial band syndrome](#) from other common causes of lateral knee pain.[2][4]

Technique

Put the patient in a supine position. Next bring the affected knee up to a 90 degree knee flexion and apply pressure with your thumb to the lateral femoral epicondyle. The leg is then extended slowly. When it is extended to approximately 30 degrees, the iliotibial band translates anteriorly over the lateral femoral epicondyle under the examiners thumb.

If the patient indicates pain at this 30 degree angle, which is similar to when the patient is active, the test is considered positive and it suggests the presence of iliotibial band syndrome.

Clinical Bottom Line

This test is indicative of iliotibial band syndrome, but again it must be stated that there have been no studies to indicate the validity of this test.[2][4]

Recent Related Research (from [Pubmed](#))

- Effects of static stretching of knee musculature on patellar alignment and knee functional disability in male patients diagnosed with knee extension syndrome: A single-group, pretest-posttest trial.

References

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