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KEMP test

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Introduction

Kemp's test is a test to assess the lumbar spine facet joints. It is a provocative test to detect pain, which can be local, referred or radicular.^[1]

Clinical Anatomy

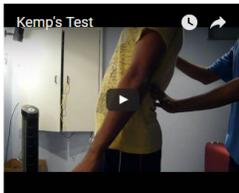
The facet joints (FJ) or zygapophysial joints play an important role in load transmission. The purpose of these FJ is to stabilize the motion segment in flexion, extension and also restricting axial rotation. They also provide a posterior load-bearing helper. The lumbar FJ are paired, true synovial joint that comprise the posterolateral articulation between vertebral levels. The orientation of the FJ in a transverse plane varies from the upper level of the lumbar spine to the lower one. Lumbar FJ contain hyaline cartilage, synovial membrane, fibrous capsule, and a joint space with a potential capacity of 1 to 2 mL. The existence of menisci in the lumbar FJ has been emphasized in numerous publications.^[2]

Purpose^{[3][4][5]}

The purpose of this test is to assess the lumbar spine facet joints. Kemp test uses the patient's trunk both as a lever to induce tension and as a compressive force. This test is used in differentiation and diagnosis of a lumbar posterior facet syndrome, though it is nonspecific. The Kemp test is a provocation test to detect pain. Local pain suggest a facet cause, while radiating pain into the leg is more suggestive of nerve root irritation. Especially if the pain is below the knee.

Technique

It can be performed both while standing and sitting position.



Recent Related Research (from Pubmed)

- [Chemical approach for target-selective degradation of oligosaccharides using photoactivatable organic molecules](#),^[6]

References

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