

TABLE 37-2. PROPER EXAMINATION TECHNIQUES

| STRUCTURE OF CONCERN | EXAMINATION TECHNIQUES |
|---|---|
| Anterior cruciate ligament tear | <p>Lachman Test (Figure 37-2) Knee bent to 30 to 45 degrees with relaxed hamstrings Pull tibia forward relative to femur, assess end point Lack of firm end point suggests incompetent anterior cruciate ligament</p> <p>Anterior Drawer Knee bent to 90 degrees Sit on foot Pull tibia forward relative to femur, assess anterior motion</p> |
| Meniscal tear | <p>Duck Walk (Figure 37-3) Patient squats (like catcher in baseball) Takes 5 steps forward (walks like a duck) Catch, click, or focal pain implies meniscal tear</p> <p>Joint Line Tenderness Run finger along medial and lateral space between femur and tibia Pain suggests tear</p> <p>McMurray Test (Figures 37-4 and 37-5) With patient supine, place finger on lateral or medial joint line Rotate knee into flexion with varus/valgus stress with finger on joint line Pain and click implies meniscal tear</p> <p>Apley Test Patient lies on stomach with knee bent 90 degrees Examiner places hand on heel to push tibia against femur Internally and externally rotate heel Pain or click implies meniscal tear</p> |
| Patellar instability (dislocation or subluxation) | <p>Visual Examination Dislocated patella located adjacent to lateral femoral condyle</p> <p>Apprehension Test (see Figure 38-2) Patient supine, knee bent 30 degrees Place thumbs on medial border of patella Push patella laterally Patient pain or apprehension indicates patellar instability</p> |
| Medial collateral ligament tear | <p>With patient supine and knee extended Apply valgus stress test (pull lower leg away from other leg) at full extension and 30 degrees of flexion, compare laxity with noninjured knee (Figure 37-6) Laxity in full extension implies injury (not just to medial collateral ligament, but also to other medial or posteromedial structures [indicates immediate referral]) Laxity only at 30 degrees of flexion implies isolated medial collateral ligament injury</p> |