

Lateral Pivot Shift Test

Name: _____ Age: _____ Date of test: _____

Test procedure

1. Position the patient supine with the hip flexed and abducted to 30° in slight medial rotation.
2. Grasp the patient's leg at the calcaneus and internally rotate the tibia.
3. Optionally, apply axial compression.
4. Place your other hand behind the fibula and apply a valgus force.
5. Anteriorly sublunate the tibia from the femur in extension.
6. Gradually bring the patient's knee into flexion.
7. Observe for a positive test, indicated by the tibia reducing or jogging backward at around 30-40° of flexion, often accompanied by a clunk sound and the patient experiencing a "giving way" feeling.

Test result

Positive: A positive test is indicated by the subluxation of the tibia as the femur externally rotates, followed by the reduction of the tibia at 30-40 degrees of flexion.

Negative: No significant shift or clunk, suggesting an intact ACL.

Findings

Additional notes

Physician's information

Name:

Signature:

Date: