

Lever Sign Test

Name:

Age:

Date:

Examiner:

Test procedure

1. Position the patient supine with both legs fully extended.
2. Insert one fist of the clinician under the proximal third of the calf of one leg.
3. Apply a downward force with the other hand over the distal third of the quadriceps of the same leg.
4. Observe for any discomfort or pain as an indication of ACL injury.

Test findings

Negative: The heel rises, indicating no ACL tear.

Positive: The heel remains on the table when pressure is applied, suggesting an ACL tear

Additional notes

Healthcare professional's information

Name:

License number:

Phone number:

Email:

Name of practice: