Posterior Sag Sign

| Patient information | |
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| Name: | Date: |
| Age: | Examiner: |
| Test overview | |
| The posterior sag sign is a highly specific and sensitive physical examination test used to diagnose posterior cruciate ligament (PCL) injuries of the knee. | |
| Test procedure | |
| Have the patient lie supine with the hip flexed to 45° and knee flexed to 90°. Observe the position of the tibia relative to the femur. In a normal knee, the tibial plateau extends about 1 cm anterior to the femoral condyles. A positive test occurs if the tibia sags or drops back posteriorly on the femur due to gravity, creating a concavity distal to the patella. | |
| Test results | |
| Positive: The tibia drops back posteriorly on the femur, indicating a torn PCL that allows the tibia to slide back under the femur due to gravity. Result: The tibia remains straight, indicating a normal PCL that prevents backward displacement of the tibia or forward sliding of the femur. | |
| Notes and recommendations | |
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