## Posterior Sag Sign

## Patient information

Name: John Kelper
Date: June 10, 2024
Age: 55
Examiner: Dr. Jane Smith

## 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

1. Have the patient lie supine with the hip flexed to $45^{\circ}$ and knee flexed to $90^{\circ}$.
2. Observe the position of the tibia relative to the femur.
3. In a normal knee, the tibial plateau extends about 1 cm anterior to the femoral condyles.
4. 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.

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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

The positive posterior sag sign, along with positive results from both the posterior drawer test and Lachman test, strongly suggests a posterior cruciate ligament (PCL) tear in John' s left knee. The absence of sagging and negative test results in the right knee indicate that the right knee ligaments are intact and functioning properly.

I recommended an MRI to confirm the extent of the PCL injury and to check for any additional knee injuries such as meniscal tears. This imaging will provide a detailed view of the knee structures and help in planning appropriate treatment.

I referred John to an orthopedic specialist for further evaluation and to discuss potential treatment options, including possible surgical repair of the PCL and management of any associated injuries.

