Posterior Sag Sign

Patient information	
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	

Assessor's signature: _____ Date: _____