

## **KNEE**

## **VASU PAI**

### **MENISCAL TESTS**



#### **a. McMURRAY'S TEST FOR MEDIAL MENISCUS**

One hand at heel and other at knee, feeling the joint line

Now knee is flexed fully.

Now rotate the leg internally and externally.

With valgus force with finger over the medial joint, extend the knee with external rotation of the leg

In meniscal tear: pain with catch sensation

#### **b. McMURRAY'S TEST FOR LATERAL MENISCUS**

Now, return the knee to the fully flexed position

Turn the foot inwards (inversion).

Then give varus stress.

Place the index, middle, and ring fingers of your left hand along the lateral joint line. Gently extend the knee.

+ve test: a "click" with the hand palpating the joint line.

### **c. APLEY'S GRINDING TEST**

Test for meniscal tear

Patient in prone

Knee in 90°

Axial pressure through the foot



### **C. PASSIVE EXTENSION TEST**

#### **[BOUNCE HOME TEST]**

+ve in displaced bucket handle tears [usually occurs in the medial side]

The examiner asks the patient to extend the knee.

Now the examiner gently and slowly tries to extend the knee a bit further.

In case of medial bucket handle tear, pain is well localized in the medial joint line; in case of lateral meniscal tear it is not well localized.