

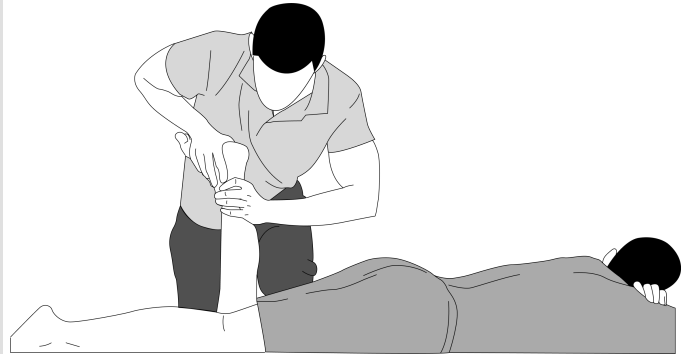
Apley's Test

Name: _____ Age: _____

Assessor: _____ Date of assessment: _____

Instructions

1. Have the patient lie prone (face down) on the examination table.
2. Flex the patient's knee to 90 degrees.
3. Secure the patient's thigh firmly against the examination table by placing your knee on the posterior thigh. This prevents unwanted movement and ensures accurate assessment.
4. Grasp the patient's ankle and apply an upward force (distraction) to the tibia while rotating it laterally and medially.
5. Observe for excessive movement, restriction, or discomfort compared to the unaffected knee.
6. Apply a downward force (compression) through the tibia while continuing to rotate it laterally and medially.
7. Observe for pain, restricted motion, or abnormal grinding sensations.



Result

Positive

Patient feels pain with distraction and increased rotation, which may suggest a ligamentous injury

Patient feels pain with compression and restricted rotation, which may suggest a meniscal injury.

Negative

Additional notes

Magee, D. J. (2014). *Orthopedic physical assessment*. (6th ed.). Elsevier Saunders.

Physiotutors. (n.d.). *Apley's test | meniscus tear or injury | knee assessment*.
<https://www.physiotutors.com/wiki/apleys-test>