Lachman Test

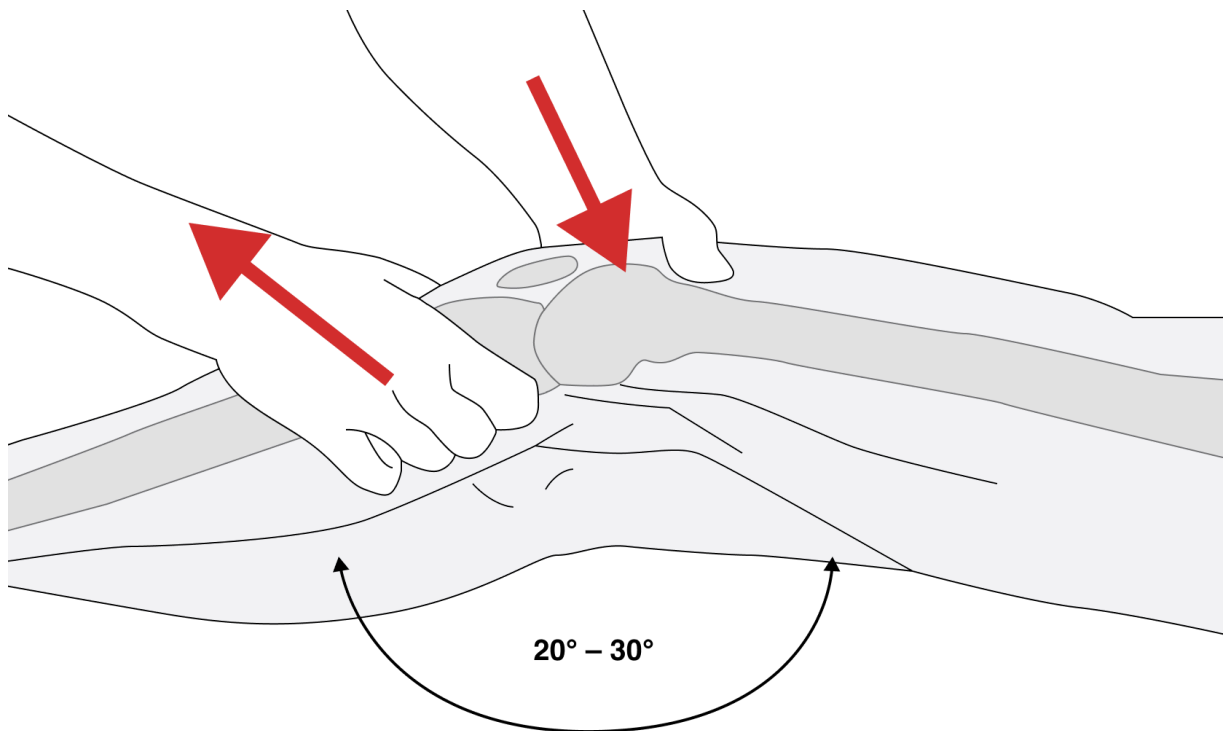| Patient information	
Name:	**Date of birth:**
Address:	
Gender:	**Date of assessment:**
Presenting issue:	

Lachman test procedure

1. The patient should lie flat on their back with their leg bent to a 20-30 degree angle.
2. Using one hand stabilize the femur bone (thigh bone), whilst the other manipulates the tibia bone.

20° – 30°

3. Gently pull the tibia bone forward to assess the amount of anterior translation or forward movement.
4. This movement should be compared to the opposite, unaffected knee.
5. The amount of anterior translation should be recorded and scaled below based on the results from the test, this will give an indication to the type of injury present, if any.

Test results

- [ ] **Negative test:** Indicates no abnormal anterior tibial translation, meaning the ACL is intact and functioning properly.

- [ ] **Grade I (Mild):** 0 to 5 mm of anterior tibial translation, indicating a minor injury with some preservation of ACL function.

- [ ] **Grade II (Moderate):** 6 to 10 mm of anterior tibial translation, suggesting significant ACL damage but partial continuity of the ligament.

- [ ] **Grade III (Severe):** 11 to 15 mm of anterior tibial translation, indicating a complete ACL rupture.

Additional notes

Castellano, J. (2020). Perspectives and risk factors in the return-to-sports decision after knee surgery in a male elite handball player: A case report. *Journal of Physical Medicine Rehabilitation Studies & Reports*, 1–6. https://doi.org/10.47363/jpmrs/2020(2)109

Coffey, R., & Bordoni, B. (2020). *Lachman test.* PubMed; StatPearls Publishing. https://www.ncbi.nlm.nih.gov/books/NBK554415/