

# McMurray Test

Patient's Full Name:	Date Conducted:
Clinician's Full Name:	
<b>Instructions</b>	
<ol style="list-style-type: none"> <li>1. You must let the patient lie down on a flat surface in a supine position. The patient must also flex the knee that will be examined.</li> <li>2. You must position yourself on the side that will be examined.</li> <li>3. You must use your proximal hand to hold the patient's knee as well as to palpate the joint line. Your thumb must be on one side while your fingers should be on the other.</li> <li>4. You must hold the sole of the patient's foot with your distal hand. You will use this to support the limb and move it as instructed.</li> </ol>	
<b>Test Proper</b>	
<ol style="list-style-type: none"> <li>1. From a position of maximal flexion, extend the knee with internal rotation (IR) of the tibia and a VARUS stress. This is for checking the patient for lateral meniscus tears.</li> <li>2. Return to maximal flexion and extend the knee with external rotation (ER) of the tibia and a VALGUS stress. This is for checking the patient for medial meniscus tears.</li> </ol>	
<b>How to tell if there are (possible) meniscus tears</b>	
<ul style="list-style-type: none"> <li>• Is there pain? Does the patient react audibly or through their facial expressions in a way that tells you they are in pain whenever you manipulate their leg and apply pressure on their knee?</li> <li>• Did you hear any snapping or clicking while applying pressure on their knee?</li> <li>• While flexing their knees, did it lock at any instance?</li> </ul> <p>If you noticed that these symptoms are present, then these are indicators of a torn (or at least compromised) lateral and/or medial meniscus.</p>	
<b>Clinician's Comments</b> Write down your observations and if you are going to endorse them for other tests (e.g. JLT, X-ray, MRI, etc.)	