

Pivot Shift Test

Name:

Date:

The Pivot Shift Test is a clinical examination used by orthopedic surgeons to assess the stability of the knee joint, specifically the anterior cruciate ligament (ACL). The ACL is one of the four major ligaments in the knee that provides stability and helps control rotational movements of the knee joint.

Instructions

1. Have your patient lie down on their back with their legs extended comfortably. You can have a casual chat with them to help them relax and feel at ease.
2. Stand on the side of the leg you'll be testing. Place one hand on the patient's foot, grasping the heel firmly, and the other hand on the lateral side of the knee, just above the joint line. Make sure your grip is steady but not too tight.
3. Apply a gentle valgus force by pushing the patient's foot away from the midline of the body, causing the knee to bend slightly.
4. As you're applying the valgus force, use your other hand to internally rotate the tibia by gently twisting it inward while flexing the knee. This will help to create rotational stress on the knee joint.
5. Now, while keeping the valgus force and internal rotation, slowly extend the knee. Pay close attention to any abnormal movements or sensations, such as a sudden shift or clunk.
6. Watch for any signs of a positive pivot shift, which may indicate instability of the knee joint. This could include a sudden subluxation or shifting of the tibia that is felt or seen during the test.

Reminders

- Exercise caution and only perform the pivot shift test if you have the necessary qualifications and training.
- Maintain open communication with your patient during the test to ensure their comfort and cooperation.
- Use gentle movements and avoid excessive force or jerky motions to prevent potential injury.
- Always assess the test results in conjunction with the patient's history, symptoms, and other clinical findings for a comprehensive evaluation.
- Consider incorporating additional tests and imaging studies to enhance the accuracy of your diagnosis of knee stability and ligament injuries.

Additional Notes