

# Posterior Sag Sign

Patient's name: Matthew Rodriguez Age: 19 Gender: Male

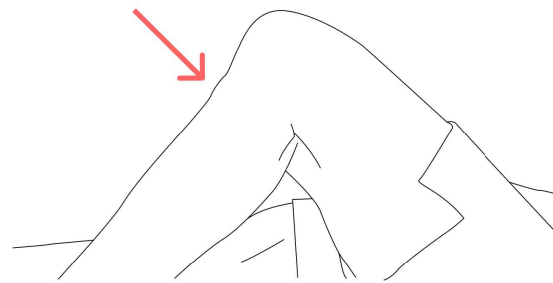
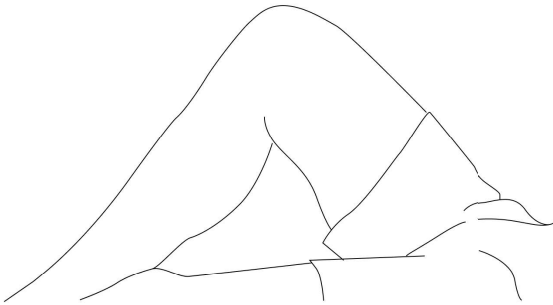
Examiner: Dr. Jasmine Williams Date: January 6, 2025

The Posterior Sag Sign test is used to diagnose posterior cruciate ligament (PCL) injuries of the knee.

## Test procedure

1. Have the patient lie supine with the hip flexed to 45° and the knee flexed to 90°.
2. Observe the position of the tibia relative to the femur.
3. In a normal knee, the tibial plateau extends about 1 cm anterior to the femoral condyles.
4. A positive test occurs if the tibia sags or drops back posteriorly on the femur due to gravity, creating a concavity distal to the patella.

## Test results



**Positive:** The tibia drops back posteriorly on the femur, indicating a torn PCL that allows the tibia to slide back under the femur due to gravity.

**Negative:** The tibia remains straight, indicating a normal PCL that prevents the tibia from being displaced backward or the femur from sliding forward.

## Notes and recommendations

The posterior sag indicates likely PCL insufficiency in the left knee.  
MRI imaging is recommended to confirm the extent of the PCL tear.  
Suggested referral to an orthopedic specialist for further evaluation.  
Instructed the patient to avoid high-impact sports until further assessment.

Rubinstein, R. A., Shelbourne, K. D., McCarroll, J. R., VanMeter, C. D., & Rettig, A. C. (1994). The accuracy of the clinical examination in the setting of posterior cruciate ligament injuries. *The American Journal of Sports Medicine*, 22(4), 550–557. <https://doi.org/10.1177/036354659402200419>

The Knee Resource. (2018). *Posterior sag sign*. YouTube. [https://www.youtube.com/watch?v=UhrM\\_epxrjA](https://www.youtube.com/watch?v=UhrM_epxrjA)