

# Steinman Test

## Patient information

Name:

Age:

Date of assessment:

Examiner:

## Test purpose

To diagnose meniscal pathology and differentiate it from ligament injury or osteophytes.

## Test procedure

### Steinman part 1

1. Position the patient:
  - Option 1: Patient sits with knees hanging over the edge of the table at 90° flexion.
  - Option 2: Patient lies supine with the examiner supporting the knee at 90° flexion.
2. Rotate the tibia laterally (external rotation) and medially (internal rotation).
3. Observe and document pain location:
4. Lateral pain on medial rotation suggests lateral meniscal pathology.
5. Medial pain on lateral rotation suggests medial meniscal pathology.
6. Repeat at varying degrees of knee flexion.

### Steinman part 2 (tenderness displacement test)

1. Palpate the joint line for tenderness at rest.
2. Flex the knee and palpate the joint line:
3. Extend the knee and palpate again:
4. Repeat at different degrees of flexion and extension.

## Test results

### Steinman part 1

**Negative:** No pain observed during tibial rotation.

**Positive:** Pain observed:

**Lateral pain on medial rotation** (lateral meniscal pathology).

**Medial pain on lateral rotation** (medial meniscal pathology).

### Steinman part 2

**Negative:** Tenderness remains stationary with flexion and extension.

**Positive:** Tenderness moves:

**Posteriorly during flexion** (meniscal pathology).

**Anteriorly during extension** (meniscal pathology).

## Additional notes

## Healthcare professional information

Name:

License number:

Contact information:

Date of assessment:

Signature: