

Torn Meniscus Self Test

Patient Name: _____ Date: _____

Instructions

This template is designed to help you perform a preliminary self-assessment for a potential torn meniscus in the knee. It is not a substitute for professional medical advice, diagnosis, or treatment. If you suspect you have a meniscus injury, consult a healthcare provider for a comprehensive evaluation.

Step 1: Symptom Checklist

Please check any of the following symptoms you are experiencing:

- Knee pain, especially along the joint line
- Swelling in the knee
- A popping sensation at the time of injury
- Difficulty bending or straightening the leg fully
- Feeling of instability or the knee giving way
- Joint line tenderness

Step 2: McMurray's Test

1. Position: Sit or lie down with your knee fully bent.

2. Action: Slowly straighten your knee while rotating it inward and outward.

3. Observation: Note any pain, clicking, or locking during this movement.

Pain/Clicking/Locking Observed: [] Yes [] No

Step 3: Ege's Test

1. Position: Stand and slightly bend your knees, pointing your toes outward.

2. Action: Slowly straighten your knee while rotating it inward and outward.

3. Observation: Note any pain or discomfort in the knee.

Pain/Discomfort Observed: [] Yes [] No

Step 4: Apley's Compression Test

1. Position: Lie on your stomach with your knee bent at a 90-degree angle.

2. Action: Apply downward pressure on the heel with one hand and rotate the foot with the other.

3. Observation: Note any pain or discomfort in the knee.

Pain/Discomfort Observed: [] Yes [] No

Results Interpretation

- If you checked any symptoms in **Step 1** or noted pain/discomfort in **Steps 2, 3, or 4**, it may indicate a potential meniscus injury.

Next Steps

- Consider scheduling an appointment with a healthcare provider or orthopedic surgeon for a professional evaluation.
- Avoid activities that exacerbate knee pain until you have consulted with a professional.

Patient Notes

Signature

Date: