

# Torn Meniscus Symptoms Test

## (McMurray Test)

| Name                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Date |
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| <p>The McMurray Test is a Torn Meniscus Symptoms Exam maneuver used to evaluate the presence of a meniscal tear in the knee joint. The meniscus is a C-shaped piece of cartilage in the knee joint that acts as a shock absorber. A torn meniscus can cause pain, swelling, and limited range of motion in the knee.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |
| <p><b>Instructions</b></p> <ol style="list-style-type: none"><li>1. Ask the patient to lie down on their back with their legs straight out in front of them.</li><li>2. Take hold of the patient's heel with one hand and support the knee with the other hand.</li><li>3. Flex the patient's knee up towards their chest, while keeping the foot flat on the table.</li><li>4. Slowly rotate the lower leg outwards as far as it will go, while keeping the thigh still.</li><li>5. At the end of the rotation, quickly extend the patient's knee while still maintaining the outward rotation.</li><li>6. Listen for any clicking or popping sounds, and ask the patient if they feel any pain or discomfort.</li><li>7. Repeat steps 5-7 but with inward rotation of the lower leg.</li><li>8. If the patient reports any pain, discomfort, or clicking sounds during the test, further evaluation may be necessary.</li></ol>                                                                                                               |      |
| <p><b>Symptoms checklist</b></p> <ul style="list-style-type: none"><li>• <b>Pain:</b> The most common symptom of a torn meniscus is pain in the affected knee. The pain may be sudden and severe or develop gradually over time.</li><li>• <b>Swelling:</b> A torn meniscus can cause swelling in the knee joint. The swelling may be mild or severe, depending on the severity of the tear.</li><li>• <b>Stiffness:</b> The patient may experience stiffness in the knee, especially after sitting for a long time or upon waking up in the morning.</li><li>• <b>Popping or clicking sounds:</b> A torn meniscus can cause popping or clicking sounds when moving the knee.</li><li>• <b>Difficulty straightening or bending the knee:</b> Depending on the location and size of the tear, the patient may experience difficulty bending or straightening the knee.</li><li>• <b>Feeling like the knee is locked or catching:</b> Some people with a torn meniscus may feel like they are locking up or catching when they move it.</li></ul> |      |
| <p><b>Reminders</b></p> <ul style="list-style-type: none"><li>• It's important to communicate with the patient throughout the test to ensure they are comfortable and understand what is happening.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |      |

- Make sure to support the knee with one hand throughout the test to prevent any unnecessary strain or injury.
- The test may be uncomfortable for the patient, so try to move slowly and carefully to avoid exacerbating any pain.
- Keep in mind that the McMurray test alone is not a definitive diagnosis for a meniscal tear and additional evaluation may be necessary.

**Additional notes**