

Torn Meniscus Symptoms Test

(McMurray Test)

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

- 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