

Video: Lachman test—Anterior Cruciate Ligament Injury: Diagnosis, Management, and Prevention.mp4

Speaker 1: [00:00:00] To perform the Lachman test, have your patient in the supine position with the knee flexed to approximately 20 to 30 degrees. Grasp the distal femur from the lateral side with one hand and the proximal tibia from the medial side with the other. While stabilizing the femur with one hand, briskly tug on the tibia anteriorly with the other. A discrete endpoint indicates an intact ACL, while increased anterior translation of the tibia and/or loss of a discrete endpoint is considered a positive test.