

## **Video: Pivot shift test—Anterior Cruciate Ligament Injury: Diagnosis, Management, and Prevention.mp4**

**Speaker 1:** [00:00:00] To perform the pivot shift test, have your patient in the supine position with their hips slightly flexed and their knee in full extension. Grasp the lateral aspect of the knee with one hand, while cupping the heel of the same leg with the other. Slowly flex the knee, and at the same time, apply valgus stress to the knee while internally rotating the tibia. If the ACL is deficient, subluxation of the knee will occur at approximately 20 to 40 degrees of knee flexion.