

ACL CLINICAL ASSESSMENT CHART

Form Ref: ACL-2024-MED

Patient Name: _____

Date of Injury: _____

Date of Exam: _____

Side: ☐ Left ☐ Right ☐ Bilateral

Anterior View Knee Diagram

(1) Femur

(2) ACL

(3) Tibia

Anatomical Landmarks

- Anterior Cruciate Ligament:** Prevents anterior tibial translation.
- Posterior Cruciate Ligament:** Primary stabilizer against posterior shift.
- Medial Collateral Ligament:** Resists valgus (outward) stress.
- Lateral Collateral Ligament:** Resists varus (inward) stress.
- Medial/Lateral Meniscus:** Shock-absorbing fibrocartilage.

Clinical Stability Tests

Special Test	Procedure Description	Result / Laxity Grade
Lachman Test	20-30 flexion, anterior pull on tibia.	☐ I ☐ II ☐ III
Anterior Drawer	90 flexion, anterior pull on tibia.	☐ + ☐ ++ ☐ +++
Pivot Shift	Valgus stress + internal rotation.	☐ Normal ☐ Abnormal

Associated Findings & Notes

Enter observations regarding joint effusion, range of motion (ROM) deficits, or McMurray test results...

This chart is for clinical educational purposes and professional documentation only.