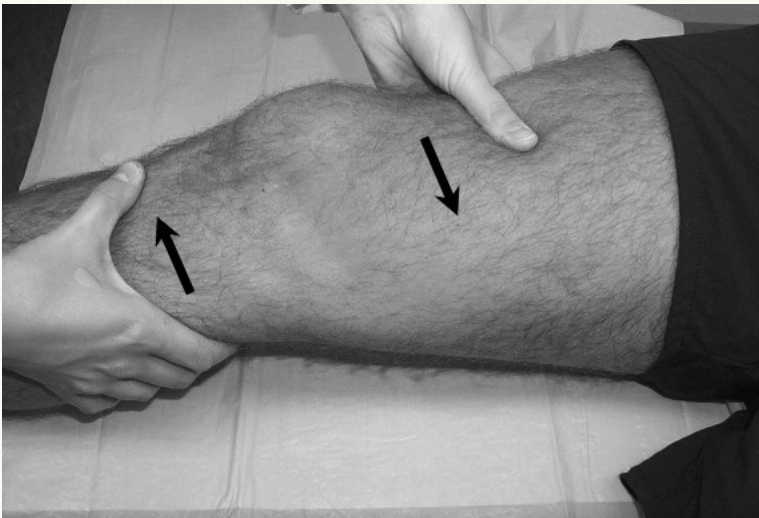




## Lachman's Test



The best test to detect anterior cruciate damage. With the knee flexed to 20 degrees, grasp the upper leg with one hand and the lower leg with the opposite hand. Displace one hand anteriorly while the opposite hand moves posteriorly. Increased movement in one direction suggests damage to the cruciate ligament.