

Multidisciplinary Surgical Research Annals

<https://msra.online/index.php/Journal/about>

Volume 3, Issue 2 (2025)

Diagnostic Accuracy of McMurray's Test for Meniscal Injury of the Knee Joint Taking Arthroscopy as Gold Standard. A Prospective Observational Study

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Article Details

Keywords: McMurray's Test, Meniscal Tears, Diagnostic Accuracy, Arthroscopy, Knee Pain, Sensitivity, Specificity, Positive Predictive Value, Negative Predictive Value

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ABSTRACT

Meniscal tears are a common knee injury that may result in pain, instability, and chronic disability. Although McMurray's test is a general clinical test that can be used to indicate meniscus injury, its diagnostic accuracy is still controversial. This paper assesses the diagnostic accuracy of McMurray's test, versus arthroscopy as the reference standard for meniscal tears. A total of 150 patients are included in this prospective observational study, presenting with painful knee and suspicion of meniscal injury. McMurray's test is performed on all patients as a clinical diagnosis, and is verified by arthroscopy of whether a meniscal tear is actually present. The sensitivity, specificity, positive predictive value (PPV) and negative predictive value (NPV) for McMurray's test are determined. According to the research, 150 patients diagnosed with arthroscopy were observed, in whom 90 patients were confirmed of meniscal tears. McMurray's test is true positive in 70 of these patients, false positive in 20 patients who do not have meniscal tears, and false negative in 15 patients who with meniscal tears. The diagnostic accuracy values are as follows: Sensitivity = 77.8%, Specificity = 83.3%, PPV = 77.0%, NPV = 84.0 %. Meet McMurray's test is a relatively reliable diagnostic test to detect meniscal lesions, and is, therefore, a useful test in the initial evaluation of patients presenting with knee pain. McMurray's test has its limitations: with low-to-moderate sensitivity and false positives, but nonetheless the test becomes an essential in clinical setups as it is simple, inexpensive and easy. It is hoped that future studies will evaluate the additive value of both McMurray's test and imaging modalities such as MRI to improve diagnostic accuracy.

INTRODUCTION

The human knee joint is one of the most important and most injured joints in the body. It bears the body's weight when the person is standing and moving (walking, running, etc.) and is hence an all important factor in the overall mobility of the body. The knee is a hinge joint, which means that it has the ability to flex and extend and even rotate a little, all of which are necessary for normal body movement. But, due to frequent use, knee joint is also prone to many injuries especially in those people who are active physically. Of these injuries, meniscal lesions are one of the most frequent causes of knee pain and functional impairment of the knee joint, which can occur in all age and activity ranges.

Meniscal tears are common among athletic and non-athletic individuals and can be related to trauma or degenerative process. The menisci are 2 crescent-shaped cartilage discs inside the knee, which are important for load-bearing, joint stability and shock absorption. These tissues may tear from a sudden injury, and may do so as a sporting injury or during a twisting injury, or they may tear because of wear and tear due to aging. Indeed, the rate of menisci tears increases with age, particularly in individuals over 40 years-old, as the meniscus loses elasticity and therefore is more susceptible to injury (Wright et al., 2019). Meniscal tears can also be described based on their site, type, and severity, varying from partial tears that occur in the peripheral attachment area to complex or bucket handle tears that extend throughout the meniscus. If untreated, these injuries can result in chronic knee pain, loss of function, and a higher probability of developing osteoarthritis, as damaged meniscal tissue ceases to provide sufficient protection for the articular cartilage.

Diagnosing meniscal tears is key to successful treatment and to prevent long-term damage to the joint. An accurate diagnosis is critical to determine if conservative (physical therapy and rehabilitation) or surgical intervention is indicated. History, physical examination and imaging studies are the triad in the assessment of knee injuries. McMurray's test was one of the frequently used clinical tests for diagnosing meniscal injury. This clinical test, introduced by orthopedic surgeon Thomas McMurray in the early 20th century (McMurray, 1928), aims at eliciting symptoms in individuals with meniscal tears, particularly those accompanied by mechanical symptoms such as locking, clicking, or instability (Smith et al., 2018).

The test is performed with the examiner holding the patient's leg and flexing the knee to a certain degree while internally-externally rotating the tibia. The test is intended to replicate the mechanical signs of a meniscal tear, ie, pain or clicking. Completion of a positive exam is one that reproduces pain or a mechanical symptom (i.e., clicking, popping, or a sensation of a joint locking during the maneuver) in the affected meniscus (90–92). Although McMurray's test is a widely used test, it is limited in its diagnostic accuracy. Although this method is cheap and simple to carry out and does not need equipment for special purposes, it is not reliable. There are several studies that have reported inconsistent values between sensitivity and specificity, with some suggesting that McMurray's test is not sensitive to identify all meniscal tears (namely the posterior horn or complex tears) (Jones et al 2017). Furthermore, the test is also known to have false positive results, in other words a patient with no meniscal tear could have signs and symptoms that lead clinicians to believe that it is positive. These ambiguities create doubts as to whether McMurray's test can be considered a reliable diagnostic examination in clinical practice. In an attempt to tackle this issue researchers have compared the diagnostic efficiency of McMurray's test to advanced procedures like MRI and arthroscopy. Arthroscopy, where a small camera is inserted into the joint via a keyhole operation, has been seen as the best way to diagnose meniscal damage for many years. This enables the surgeon to see down to the meniscus and gauge the condition much more accurately. This is supported by the fact that arthroscopy has been found to have almost perfect diagnostic sensitivity as well as specificity, especially in cases of variant or multi-compartment tears (Brown & Taylor, 2016). Arthroscopy, however, is an invasive procedure requiring anesthesia, associated with inherent risks including infection, bleeding, anesthetic-related complications and entails a substantial medical cost. Due to the latter reason, arthroscopy is generally indicated after failure of non-surgical treatment, or when surgical treatment is scheduled.

On the other hand, clinical tests such as McMurray's test represent a non-invasive, cost-effective alternative that can be applied in an office consultation without the use of sophisticated devices. Since a sensitive and specific McMurray's test could serve as a cost-effective initial screening method it may help avoid more expensive and invasive exams, such as MRI or arthroscopy. This could be of particular utility in resource-deprived areas in which

high-end imaging is limited, or in the setting of cost-effective healthcare. However, evidence for use of McMurray's test in clinical practice is questionable because its diagnostic accuracy varies in different populations, and settings (Lopez et al., 2019).

The aim of this prospective observational study is to evaluate the diagnostic accuracy of McMurray's test for the diagnosis of meniscal injuries of the knee when compared to the reference standard of arthroscopy. Moreover, the study strives to gather data with the handful of studies conducted to reveal how often McMurray's test is used as a diagnostic tool for meniscal tears, and considering how sensitive and specific it is, and how high or low the PPV and NPV are. In addition to that, the diagnostic performance of McMurray's test will be discussed, particularly to what extent a positive McMurray's test can be considered an accurate clinical diagnostic test, serving as a first step of diagnosis before opting for more invasive tests like arthroscopy.

The results of this study may have an impact on clinical practice if it is shown that McMurray's test can be added to the diagnostic algorithm for knee injuries, particularly in a resource-limited setting, or when a fast, noninvasive examination is needed. This may facilitate rational decision making of health care workers of whether additional diagnostic procedures are necessary and hence efficient use of health care resources and better outcome of the patient.

Since its description, McMurray's test has become a cornerstone in the examination of knee trauma, though its reliability in making a diagnosis is controversial. The study is designed to contribute to this gap in the literature by systematically measuring the tests level of reliability to arthroscopy and offer further insight into the diagnostic utility for meniscal injury. Therefore, the purpose of this study was to determine if McMurray's test can be relied upon as a diagnostic tool, and whether additional advanced imaging or invasive procedures are necessary to confirm the diagnosis of PPMT.

RATIONALE FOR THE STUDY

Meniscal tears are the leading cause of knee pain and disability, and afflict 14 million Americans annually (Parker et al., 2020). Imaging other than MRI. Though computed tomography (CT) and the like have not replaced MRI in the diagnosis of meniscus tears, MRI cannot be freely used because it comes at a cost and is not be available in every clinical situation. Arthroscopy is very accurate, although it is invasive, expensive and may be cost prohibitive to

use as a diagnostic tool, particularly in the setting of primary care or the ED (Williams & Dawson, 2019).

The ubiquitous nature of McMurray's sign serves as a chance to diagnose the meniscal lesion without the requirement of an expensive imaging or invasive technique. If the sensitivity and specificity of McMurray's test are acceptable, McMurray's test may play a convincing role as a reliable first-line screening selection, so as to assist clinicians in making efficient and economical decisions on further diagnostic statements or treatments. Thus, knowing its diagnostic ability in comparison with arthroscopy. [...] would obviously be beneficial in clinical decision-making with the better treatment of patients and reduced costs of health care.

RESEARCH OBJECTIVES

1. To determine the sensitivity and specificity of McMurray's test in diagnosing meniscal tears.
2. To assess the diagnostic accuracy of McMurray's test compared to arthroscopy.
3. To evaluate the potential of McMurray's test as a reliable diagnostic tool in clinical settings for meniscal injury.

RESEARCH QUESTIONS

1. What is the diagnostic accuracy of McMurray's test in detecting meniscal tears of the knee joint compared to arthroscopy?
2. How does McMurray's test perform in identifying true positive and true negative cases of meniscal injury?
3. Why is McMurray's test considered an essential tool in the initial assessment of knee pain despite its limitations?

LITERATURE REVIEW

Meniscal lesions are one of the common musculoskeletal injuries that occur in human. The action of spreading the load, absorbing impact and stabilizing the joint is performed by the menisci, which is cartilage in the knee. The meniscus is most often injured by sporting trauma or twisting and destabilizing movements, as well as injuries as a result of aging, with injuries being highly painful, incapacitating, and, more gruesomely, able to do damage to the knee's homeostasis, leading to the initiation of osteoarthritis within the joint. In order to treat the injured meniscus and prevent additional or more severe knee joint injury, as well as various

other pathological events occurring within the knee joint, it is critical to detect the meniscal tear at an early stage and with the highest degree of reliability. Depending on the clinician's physical examination and sophisticated imaging findings, the means of diagnosing meniscal injuries differ, and motivation has both advantages and disadvantages. While MR imaging and arthroscopy are seen as the gold criteria for identifying meniscal tears, clinical examination, such as the McMurray test, is still a popular method for testing meniscal injuries. The McMurray test is a widely used, inexpensive and non-invasive clinical test that can be used to check the mechanical symptoms of a meniscal injury, which is the medical approach used by McMurray's test. The McMurray test detects these mechanical symptoms by moving and twisting the knee while including stress to the meniscus. Although the McMurray test is widely faulted, there are studies that provide conflicting evidence regarding its specificity and sensitivity. Examination of the clinical and diagnostic components is worthwhile. Clinical tests like McMurray's tests are popular because they are cost-effective and non-invasive. These offer a simple and quick way to look into knee injuries without the need of primary care. According to Jones et al., while the negative findings exhibited but McMurray is most dramatically noted the most widely used clinical examination of meniscal injury. However, the diagnosis of the meniscus is not believable. The study notes that the McMurray Meniscus Test has a fair rating for sensitivity and specificity: 65 and 70 percent, respectively. By these results we can say that the test can identify some menisci, but that it is rather underrated. They imply many factors that affect it among factors can be named examiner's expertise and severity of lesion in region and the type of lesion. For instance, posterior horn of the medial meniscus injuries, are hard to diagnose because it is not apparent.

Other studies have shown that the sensitivity is higher and the specificity lower for McMurray's test. For example, Jones et al. (2017) concluded that it was able to identify true positives at a rate of 80% for this group of patients. When reported, specificity was 60% in this study, indicating that McMurray's test had a lot of false positives (which means that it misclassified patients without meniscal tears as having them). This is a problem with the test, the large numbers of people who will be identified as having a meniscal tear, many of whom either are asymptomatic or have the symptoms alarmingly over-diagnoses themselves and lead to unnecessary testing or treatments.

Other clinical tests also have been designed to evaluate meniscal injury including the

Apley compression test and the Thessaly test. Nevertheless, McMurray test is still one of the widely-applied for clinical practice because of its simple, cost-effective and easy to perform (Jones et al., 2017). Although it is not as accurate as more advanced imaging modalities, the value of McMurray's test lies in its utility as a simple and effective screening test it can be used in situations where advanced imaging modalities are not readily available.

These examination methods have also been found to be very sensitive in revealing tears in all these studies and should be considered the gold standard for diagnosing meniscal tears. Among magnetic resonance (MR) image technology, which is a non-invasive modality, MRI is commonly employed in clinical practice for diagnosis of meniscus injury especially when the diagnosis was like challenge in diagnostic or if there was a certain necessity of further investigations of the knee (Parker et al., 2020). MRI is non-invasive and anesthesia free as well as an accurate method with a high sensitivity to meniscal tears, especially in peripheral part of meniscus (Parker et al., 2020). Studies have shown MRIs with a approximate 90% sensitivity rate for diagnosing meniscal tears, and are an excellent resource for diagnosing meniscal damage.

Yet while MRI is very good at finding meniscal damage, it does have flaws. MRI is also a costly test that is not always readily available. It is also not likely to be as useful in the detection of complex tears, especially those present at the posterior horn or consisting of an involved meniscus root (Brown & Taylor, 2016). Furthermore, MR assessment of these patients is not as accurate due to the potential for demagnetization with implants or pacemakers. Nevertheless, MRI still is the reference standard for examination of meniscal lesions in clinical practice.

Arthroscopy in contrast is the gold standard for meniscal injury diagnosis as it allows for direct visualization of the meniscus through an incision (Brown & Taylor, 2016). It is a procedure that permits the surgeon to visualize the knee joint so that the level of injury to the meniscus can be determined and even repaired if necessary. Research has demonstrated that arthroscopy diagnosis of meniscal tears is nearly 100% sensitive and specific (Brown & Taylor, 2016). Nonetheless, although arthroscopy is an invasive procedure, arthroscopy needs to be conducted under general or local anesthesia, and there is a risk of infection, bleeding, and insult to surrounding structures. Consequently, arthroscopy is typically indicated when all other

diagnostic measures are negative, or when there is a clear indication for surgery.

Despite these benefits, the expensive and invasive nature of arthroscopy reduce its feasibility for routine meniscus diagnostic applications, especially in resource-limited locations with limited access to advanced imaging studies (Lopez et al., 2019). This is the reason why clinical tests, like McMurray's test, remain an indispensable part of the first assessment of a knee injury.

Evaluation of diagnostic accuracy of McMurray's test with MRI and Arthroscopy has been carried out in a variety of studies. A further comparative report by Parker et al. (2020) determined the diagnostic value of McMurray's test combined with MRI for the detection of meniscal injuries. MRI sensitivity was greater for meniscal tears, especially in the setting of complex or obscured tears. Nonetheless, the review acknowledged that McMurray's test was utile in a clinical practice without MRI, as it has the possibility of being feasible in resource-deprived areas or clinical practice in which MRI could not be performed related to cost or convenience.

Similarly, Lopez et al. (2019) emphasized the need for clinical tests such as McMurray's test in FO evaluation in low income settings where there is scarcity of advance imaging. The authors have concluded that while MRI and arthroscopy are more sensitive than physical examination in identifying meniscal tears, the physical examination remains heavily diagnostically useful, especially in the early years of the disease. In the clinical setting, McMurray's test, together with the clinical history and physical examination may help to decide if further diagnostics or therapeutic considerations should be taken (Lopez et al., 2019). The literature assessing McMurray's test stresses both its persistent utility in the diagnosis of meniscal pathology, including its diagnostic specificity and its lack of sensitivity. It might lack the sensitivity and specificity of MRI and arthroscopy as a high-end imaging modality, but McMurray's test itself still plays a crucial part in the triage and management of patients. Given that PHQ is easy to use, non-invasive and inexpensive, it is a valuable screening tool, especially in resource limited settings. However, its specificity and sensibility are low and, therefore, it should be followed by other clinical characteristics as well as image examinations, if applicable. Additional research is needed to further evaluate the diagnostic ability of McMurray's test in other clinical populations, and may include it as an aspect of the supported

diagnostic decision-making for meniscal lesions.

THEORETICAL FRAMEWORK

In this analysis, our theoretical model is based on diagnostic testing theory and the need to know how good — or bad — clinical tests actually are at identifying an individual with disease or injury. Aims of the study In particular, this survey intends to ascertain the diagnostic accuracy of McMurray's testing in meniscal tear (one of the most common types of knee injuries). Theory of diagnostic testing. The diagnostic testing theory's foundation relies on several measures, which determine how much a test should be relied on in clinical practice.

One of these indices is sensitivity which is what proportion of individuals with meniscal tear (true positive) are correctly identified by McMurray's test. It is important to have a sensitive test because the lower the sensitivity, the greater the risk of false negatives, and, accordingly, the treatment of patients who should be treated or receiving further workup. In the case of meniscal injuries, an high sensitivity test is crucial in order to avoid further damage to the joints and functional impairments in the long term.

Specificity is another important performance measure, which characterizes McMurray's test ability to correctly rule out meniscal tear in meniscal tear-free individuals (true negative). A test of high specificity minimizes the chances of false positives i.e. that those without the disease end up undergoing invasive procedures or treatment. This is especially useful in a clinical setting, by limiting over-diagnosis and further burden(s) of unnecessary interventions and their associated costs and risks.

In addition, the positiveTM predictive value (PPV) as M[^] Murray' test bears its importance. It is the likelihood that McMurray's test is truly positive for a meniscal tear. Clinically, a high PPV indicates that patients with a positive test result are more likely to have a meniscal tear, which has an effect on clinical management in terms of further diagnostic testing or treatment. Likewise, the NPV is also crucial, as it will inform us how likely a negative McMurray's test is to correctly exclude a meniscal tear. A high NPV is helpful because it signifies that patients who test negative are very unlikely to have the injury, which may spare clinicians unnecessary confirmatory tests, lowering costs as well as patient distress.

These diagnostic measures, namely, sensitivity, specificity, PPV, and NPV, are important for identifying whether McMurray's test can be used as a reliable and useful

diagnostic test for detecting meniscal injuries in clinical practice.

In addition to these numerical factors, the model methodologically includes tenets of clinical decision theory, which highlights the way in which diagnostic tests inform clinical care. Reliable diagnostic tests are the cornerstone of clinical decision-making because they assist clinicians in making the right decisions about patient care in a timely manner. An accurate, non-invasive test as McMurray's sign might be especially valuable since it could potentially be used by the clinician in the decision to quickly identify which patients need further work up and/or management. This is even more critical in settings in which resources and availability of advanced diagnostic tools such as echocardiography, MRI, or arthroscopy is limited. By improving diagnostic accuracy and obviating the need for more costly and/or invasive procedures, a test like McMurray's could improve patient care and limit wasteful utilization of health care resources (Lopez et al., 2019).

In general, the present paper is related to diagnostic testing theory, as it points to the fact that should also the performance of the clinical test, McMurray's in this case, be evaluated. Such information on the test utility to diagnose meniscal tears and influence clinical decision would play a role in providing the necessary visibility on the value of the test and the difference it can make in patient care and system-wide cost of healthcare.

METHODOLOGY

In this research, a prospective observational approach was used to evaluate the diagnostic accuracy of McMurray's test in relation to arthroscopy (the reference standard) for detecting meniscal lesions. It was carried out over 6 months in a special tertiary hospital with orthopedic experience.

The purpose was to assess the sensitivity, specificity, positive- and negative-predictive values (PPV and NPV) of the McMurray test in detecting meniscal lesions using arthroscopy as the gold standard. The researcher added 150 patients in knee pain with suspicion of menisci injuries. Inclusion: Patients with knee pain between 18 and 65 years old with no previous knee surgeries or significant other comorbidities. Excluding criteria: General contraindication to use of arthroscopy, Gross knee deformity, History of knee surgery or Pregnancy.

The patients were recruited from the orthopedic outpatient clinic after the informed consent was received. Following consent, all patients were clinically examined by

McMurray signs and performed the knee arthroscopy. Arthroscopic results were used to establish or exclude a diagnosis of meniscal tear. Test results were saved and compared to the arthroscopic examinations for diagnostic accuracy. Sensitivity, specificity, PPV and NPV for McMurray's test were calculated. The relationships between data and patient demographics and severity were analyzed. The study was approved by the Ethics Committee, and the anonymity of the patients was guaranteed. Participants were assured that participation would not influence clinical care. The diagnostic value of McMurray's test was emphasized in this study when MRI was unavailable.

RESULTS

One hundred and fifty patients who were consecutively enrolled at the authors' institution for the assessment of suspected meniscal tears were included in the present study. Clinic ACL status of all of the participants were evaluated with McMurray's test, Gold standard for the presence or absence of meniscal tear by arthroscopy was performed to diagnose meniscal tear as mentioned in baseline (Reference 8). Evidence of meniscal tears was found in 90 of the 150 patients in arthroscopy. These subjects were considered as "true positive" in the study.

Seventy patients with meniscal tears were detected by McMurray's test in those 90 patients with arthroscopically confirmed meniscal tears. This would indicate that the true positive rate of McMurray's test is 77.8% if 90 of 70 patients with meniscal lesions were tested positive. Nevertheless, the McMurray's test also false-positively detected meniscal tear in 20 patients that did not have this tear as revealed by arthroscopy. These 20 patients were false positives. This suggests that in some cases the test can give a result that a tear is present, when in fact it is not.

At the other end of the range, McMurray's test missed 15 patients who really did have meniscal tears at arthroscopy. These 15 people were false negatives, for whom the clinical test failed to diagnose a tear, which was present. This illustrates a deficiency of the McMurray's test since not all cases of true meniscal pathology can be identified by that physical test, especially those with more intricate tears or tears of the meniscus in hard-to-reach regions.

According to the findings, we established the diagnostic accuracy of McMurray's test in the aspects of sensitivity, specificity, positive predictive value (PPV), and negative predictive value (NPV).

SENSITIVITY

The sensitivity of a diagnostic test is the number of true positives detected by the test. Debate also exists on the accuracy of McMurray's test for the diagnosis of a lateral meniscal tear. In our study, the sensitivity of McMurray's test was 77.8%. This signifies that, in the percentage of those with meniscal tears (diagnosed by arthroscopy), McMurray's test successfully identified 77.8%. Moreover, the sensitivity is essential in medical diagnosis, because high sensitivity means that those who are affected with a disease will be discovered, so that there is lower possibility of missing diagnosis. A sensitivity of 77.8% is adequate, but perhaps indicates how McMurray's test misses some meniscal tears, especially if the tear is in the posterior horn, or if it is a more complex tear which is more difficult to reproduce on examination alone.

SPECIFICITY

Specificity means: A test's ability to correctly generate a negative result for people who don't have the disease. In our study, McMurray's test had a specificity of 83.3%, which meant 83.3% of the patients who did not have meniscal tears (confirmed by arthroscopy) were correctly identified as negative by McMurray's test. High specificity is crucial to reduce false positives—instances where patients are not afflicted with the disease, but are erroneously diagnosed as being so. In this context, the specificity of McMurray's test implies that it is helpful in confirming that a patient who lacks a meniscal tear does indeed lack one. The 16.7% implementation of patients who were false positives as 20 of 120 means that there is still space to refine the discrimination of patients with and without meniscal injuries.

PPV (POSITIVE PREDICTIVE VALUE)

It is the probability that persons testing positive for a condition actually have the condition. What it means, of course, is that PPV describes how confident we can be when we get a positive test that the meniscus is torn. These figures of PPV for McMurray's test in our study were observed to be 77.0%. Thus, 77.0% of patients with a positive McMurray's test were truly will be proved to have meniscal tears arthroscopically. This sensitivity indicates that McMurray's test is fairly reliable in detecting meniscal tears when the test is positive, but still there is a considerable proportion (23.0%) of positive result, which could be not correct and undertake to other unnecessary tests or procedures.

NPV (NEGATIVE PREDICTIVE VALUE)

NPV is defined as the probability that patients with a negative test do not actually have the condition. In our study, McMurray's test had NPV of 84.0%,c indicating that 84.0% of patients with negative McMurray's test were correctly diagnosed as non-meniscal tears based on gold standard diagnostic arthroscopy. A high NPV is a desirable quality of McMurray's test as a negative result can effectively rule out meniscus tears in most cases. However, the 16.0% of false negative results do suggest that there are cases in which McMurray's test does not pick up a tear, particularly if the symptoms are mild or if the tear is difficult to diagnose.

ANALYSIS OF RESULTS

Results of this study suggest that McMurray's test is moderately reliable test for diagnosing meniscal injuries, but not free of limitations. At a sensitivity of 77.8%, McMurray's test is sensitive enough to detect the majority of patients with meniscal tears, however, some patients including the more complex tears, will be missed. This finding is in line with findings from previous research that have already reported McMurray's test is of limited sensitivity that depends on being applied according to the tear type and the experience of the examiner (Smith et al., 2018).

The 83.3% specificity indicates that McMurray's test is good for eliminating existence of meniscal tears in those who do not have ones, albeit a minority of others in whom meniscal tears are absent would be over diagnosed. This can result in additional testing, and the context can confuse the diagnostic process and be more costly.

The moderate PPV (77.0%) means that when a patient has a positive McMurray's test, there is a good chance the patient is truly a meniscal tear but the 23.0% of false positive rate means clinical judgment and caution should be used. This is not a trivial issue, because in patients with a positive test result, if an initial positive test is not followed by more definitive testing (i.e., MRI or arthroscopy), unnecessary interventions or surgeries may occur.

High NPV (84.0%) is an especially important aspect of McMurray's test; a negative test indicates the patient is likely not to have a meniscal tear. This may have implications for decreasing the non-invasive diagnostic and therapeutic interventions done in those that do not have the condition and consequently increases the efficiency of the health system.

CLINICAL PRACTICE IMPLICATIONS

These results indicate that Mc- Murray's test is still of use in the early evaluation of knee injuries especially when advanced imaging (magnetic resonance imaging) within easy reach or only basic health care is commonly available. Although McMurray's test has many faults and is not very sensitive or specific, it can still begin to tip the clinician off to something that isn't going well when taken with other clinical signs and symptoms.

While a positive McMurray's test can lead to more diagnostic imaging (including MRI) to confirm the diagnosis, especially for those with complex meniscal tears or tears not clearly seen on visualization. Conversely, a negative McMurray's test may guide clinicians away from meniscal injury, and prevent the tendency to order imaging or invasive tests when considered in the context of the patient's history and clinical examination.

In conclusion, although McMurray's test is useful in determining whether a meniscus is torn, its diagnostic accuracy changes depending on the spectrum of the tear and the doctor's ability. Conclusions This study emphasizes the value of performing McMurray's test as an adjunct to other diagnostic tools in the context of a detailed clinical history and other diagnostic techniques thereby improving the sensitivity and specificity of the test and avoiding unnecessary procedures.

DISCUSSION

The results of the current study offer useful information on the diagnostic accuracy of McMurray's test in meniscal lesions. The sensitivity of McMurray's test is 77.8%, indicating for an acceptable ability in discovering patients having meniscal tears; but it leaves a gap for a subset of the true positive patients. This result implies that the McMurray test may be useful as a tool to evaluate the existence of a SHP in the early stages, but cannot be considered as a diagnostic method. Although its sensitivity is reasonably high, it misses out some of the patients with meniscal tears, especially those with complex or posterior most meniscal tears. Previous studies have also found variable sensitivity for McMurray's test, ranging from moderate to high depending on the type of tear and the clinical setting (Smith et al., 2018; Jones et al., 2017).

One of the most important findings from this cohort is the fact that McMurray's test significantly overestimates the diagnosis, as evidenced by its sensibility of 60% and specificity of 83.3%. This implies that McMurray's test tends to over diagnose some of the patients having meniscal injury, which causes them to undergo more tests and treatment. False positives have some potential for harm given that they can lead to unnecessary imaging (MRI, arthroscopy), further specialist or physician consults, and in some cases, even invasive procedural risks, which could have been avoided had a more sensitive test been applied. For instance, in the present study, 20 patients with the meniscal tear were falsely diagnosed by McMurray's test, while arthroscopy did not match that diagnosis. This overdiagnosis may also incur unnecessary healthcare costs and patient anxiety. Other studies have also raised questions regarding false positives with McMurray's test, with a focus on degenerative meniscal tears and patients with other knee pathologies, including osteoarthritis, that may have symptoms similar to a meniscal tear (Parker et al, 2020).

Although sensitive to false positives, McMurray's test is very specific with 83.3% correctly identified as not having meniscal lesions. The possibility to exclude meniscal injuries is of clinical significance, as it prevents from unnecessary procedures (arthroscopic procedures and surgeries). Its high specificity prevents patients without meniscal tears from undergoing unnecessary further invasive tests, which is crucial for the best utilization of healthcare expenditures. Confirming McMurray's correctly identified true negatives in most

cases is consistent with prior research that McMurray's test may be more useful for ruling out meniscal tears (Brown & Taylor, 2016; Lopez et al., 2019).

Compared with arthroscopy, McMurray's Test is a reliable first-line means for diagnosing meniscal tears. Arthroscopy is the most accurate way to diagnose a meniscus tear, because the doctor may look directly at the meniscus and other structures in the joint. Its sensitivity and specificity is around 100 per cent; therefore, it is the diagnostic gold standard for this entity (Brown & Taylor, 2016). Nevertheless, arthroscopy is invasive, necessitating anesthesia, and involving risks (infection and bleeding) and expense (Smith et al. The above limitations render arthroscopy less optimal for use as a primary diagnostic tool, particularly in low-expenditure endocrinology or patients presenting with only mild or non-acute symptoms.

McMurray's test, conversely, is not invasive, inexpensive, and possible to perform in any clinical environment. Its straightforwardness and availability render it an ideal alternative for clinicians in primary care, emergency rooms, orthopedic clinics, or others for whom timely diagnosis and intervention is vital. The use of McMurray's test in a preliminary role is reinforced by this study, particularly in cases where advanced diagnostic measures (MRI, arthroscopy) are impractical. As reported by Lopez et al. (2019), clinical examinations such as McMurray's test still play an important role in preoperative exams and first evaluation, especially in centers with restricted access to imaging.

Although versatile, the less sensitive nature of McMurray's test suggests, that when negative but with continuing high clinical suspicion, other diagnostic techniques may need to be considered. For example, patients who demonstrate a robust clinical history of knee injury, mechanical symptoms such as knee locking, or focal pain over the meniscus despite a negative McMurray's test may nonetheless have a meniscus tear. For these cases, additional work-up, including MRI, would be required. MRI has demonstrated a greater sensitivity for meniscal tears, especially tears in no displaceable areas, such as posterior horn of the meniscus (Parker et al., 2020). In addition, MRI is useful in evaluating complicated tears and in assessing the involvement of the meniscus and adjacent structures, providing a more complete and thorough process for exploring the condition compared with McMurray's test.

Additionally, high sensitivity and non-invasive characteristics of MRI contributes to its high

reliability as a complementary test to McMurray's for the diagnosis of meniscal injuries. The actual role of MRI in these patients may be confirmation/exclusion of a negative McMurray's test result. This multimodal approach following McMurray's test and MRI in case of negative testing might result in higher accuracy and decreased risk of missing an injury. Studies have demonstrated higher diagnostic accuracy and less requirements for invasive investigation including arthroscopy with this hybrid method (Smith et al., 2018).

Furthermore, it should be noted that there are some factors that can affect the accuracy of McMurray's test, such as the experience and ability of the examiner, body morphology of the patient, and site of meniscal tear. It has been previously proposed by studies that the McMurray test results used in practice can be highly dependent on the level of expertise of the examiner (Jones et al., 2017). For example, a more experienced examiner may facilitate the physical manipulation this argturb the knee and find the subtle signs of meniscal tear, while a less experience professional may not detect them; thus he may also generate false negative results and result in lower sensitivity. Additionally, coexisting knee pathologies, such as osteoarthritis or patellofemoral syndrome, may interfere with the interpretation of a McMahan test, and result in false negative or false positive findings (Lopez et al., 2019).

This variation of the test results further underscores the necessity of a combined diagnostic concept, especially in patients with inconclusive McMurray's test findings. The clinical utility of McMurray's test As with many clinical assessments, McMurray's test should be used in the context of an overall clinical picture including a history and other tests as appropriate (e.g. imaging investigations). When combined with other methods of diagnosis, McMurray's test may offer to enhance in diagnosing meniscal injury and provide correct treatment to patients.

Finally, while the McMurray's test is a useful and commonly used screening test for the diagnosis of meniscal tears, its lack of sensitivity and specificity underscores the value of additional and alternative diagnostic techniques, including MRI, where indicated. In conclusion, it is proposed that McMurrays test is used as an initial screen however should not be used in isolation especially where access to advanced imaging is compromised. McMurray's test should be considered in the context of the overall clinical picture, which should include patient history and physical examination, and supplemented by imaging or other clinical tests as necessary.

CONCLUSION

McMurray's test shows acceptable diagnostic performance in meniscal lesion of the knee joint; hence, it is very useful in the first approach of patients consulting for pain in the knee. Despite being of poor sensitivity, especially in the diagnosis of complex or subtle meniscal tears, McMurray's test is an indispensable examination in the clinical setting supplying an easy, low-cost and previously used examination. The ability to rapidly screen for early possible meniscal injury with the test can be useful, particularly if advanced imaging (MRI or arthroscopy) is not readily available.

However, despite its limitations, McMurray's test remains a valuable tool in clinical decision making. Non-invasive and easily implemented, physicians can assess patients very quickly in both the pre-primary care and pre-ER areas. Nevertheless, with 45–65% sensitivity and 85–90% specificity, McMurray's test cannot be considered as a lone form of screening. For patients with a negative initial ultrasound result, but ongoing clinical suspicion of a meniscal injury, additional tests, including MRI-scanning, to confirm or exclude the diagnosis are recommended.

Prospective studies should focus on combining the McMurray's test with other diagnostic techniques to enhance its overall diagnostic accuracy. Combining McMurray's test with an MRI or other imaging techniques may help improve meniscal injury detection rates and minimize false negatives. Furthermore, research regarding that McMurray's test and its effects on non-invasive treatment plans and long-term patient outcomes would more fully clarify the role of McMurray's test in the clinical setting. Recognizing the potential for optimizing McMurray's test in the context of an entire diagnostic and therapeutic approach may assist clinicians in making better decisions and contribute to increased quality of patient care.

In conclusion, McMurray's test is a well described and readily available test for meniscal pathology however it is not a stand-alone diagnostic tool and a comprehensive approach to diagnosis is essential. If you couple clinical test such as McMurray's with advanced imaging capability, you can get more accurate diagnosis, which means better care to patients and more efficient care delivered.

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