EXAMINATION OF THE KNEE

|  |  |  |
| --- | --- | --- |
|  | ADEQUATE | INADEQUATE |
| Introduces self to the pt |  |  |
| Explains the examination |  |  |
| Ask the pt to undress from waist down |  |  |
| Ensures that pt is comfortable |  |  |
| ***Inspection*** |  |  |
| Asks pt to stand |  |  |
| Looks from the front and the back |  |  |
| Observes gait |  |  |
| Checks the position neutral, valgus, fixed flexion, hyperextension |  |  |
| Asks pt to lie supine |  |  |
| Comments on skin colour, sinuses, scars |  |  |
| Comments on shape, alignment, effusion, patellar alignment |  |  |
| Measures circumference of the quads |  |  |
| ***Palpation*** |  |  |
| Ask if there is any pain |  |  |
| Feel the skin for the temp, any effusions |  |  |
| Palpates joint line at 90 flexion |  |  |
| Check for synovial thickening |  |  |
| Assesses the ligaments, tibial tuberosity, femoral condyles, patella |  |  |
| ***Move*** |  |  |
| Active flexion |  |  |
| Active extension |  |  |
| Passive flexion (140) check for crepitus and clicks |  |  |
| Passive extension (0- -10) |  |  |
| Straight leg raise |  |  |
| Check the collateral ligs at 0 and 20 |  |  |
| Check the posterior sag test |  |  |
| Perform the anterior and posterior drawer tests |  |  |
| Perform the lachmans test |  |  |
| Perform McMurrays test |  |  |
| Perform apleys grind test |  |  |
| Ask the pt to lie prone, inspect and palpate the popliteqal fossa |  |  |
| ***Completion*** |  |  |
| Asks to perform a vascular and neurological examination |  |  |
| Indicates need for tests eg hip, knee xrays, bloods |  |  |
| Thank pt |  |  |
| Offer to help pt dress ensure pt comfortable  |  |  |
| Summarise finding and offer differential |  |  |
| ***Global score*** |  |  |
| Examiner |  |  |
| Patient  |  |  |
| OVERALL |  |  |