

Knee Objective Assessment

Look:

- Bony deformity / Bony alignment
 - Gait / Weight Bearing
 - Patella dislocation / alta / baja
 - Osgood-Schlatters
- Colour change
 - Bruising, inflammation, infection, rash
 - Septic arthritis
- Wasting / spasm / bulk of muscle
- Swelling, scarring, skin changes (wounds)
 - Joint effusion
 - Bursitis
 - Prepatellar, infrapatellar, suprapatellar, anserine

Feel:

- Vascular System
 - Distal pulses, capillary refill
- Sensation (Neurological Examination)
 - Peripheral nerve skin sensation and power
- Temperature
 - Infection / Inflammation
- Swelling
 - Effusion, Synovial thickening, Extra capsular
 - Patella Tap / Sweep (Joint effusion)
- Tenderness
 - Hip
 - Ankle
 - Patella
 - Including tendon, bursa, retinaculum and crepitus
 - Quadriceps muscles
 - MCL, LCL
 - TFL and head of fibula
 - Tibiofemoral joint line
 - Femoral condyles
 - Posterior aspect of the knee
 - Bakers cyst
 - Hamstrings

Move:

- Clear the joints above and below
- Active Movement
 - Flexion 135
 - Extension 15
 - Medial / internal rotation 30
 - Lateral / external rotation 40
- Passive Movement
 - Tests inert structures, pain, range, crepitus
 - Patello-femoral joint movements
- End Feel of Movement
 - Normal: Hard, Soft, Elastic
 - Abnormal: Hard, springy, spasm, empty
- Muscle Power
 - MRC grading 0 - 5
- Static Resisted Testing
 - Tests contractile unit, pain, power

Special Tests:

- Active Straight Leg Raise
 - Tests extensor unit (Quads, Patella, Patella tendon)
- Patella apprehension
- Clarke's sign
- McMurrays meniscal tests
- Ligament stress tests
 - MCL Valgus,
 - LCL Varus
 - ACL / PCL
 - Anterior / Posterior Drawer,
 - Lachmans
 - Posterior Sag Sign