**THE KNEE EXAM**

GAIT:

Analyze the patient’s gait

INSPECT:

Redness / swelling

Scars (previous trauma or surgery)

PALPATE:

Popliteal fossa

Hamstring tendons

Joint line (medial/lateral)

MCL (band-like) / LCL (pencil-like)

Patellar tendon, patella, quadriceps tendon

Pre-patellar and Pes Anserine bursa

MOVEMENT/STRENGTH:

Assess for patella crepitus b/l to compare

Pain or weakness with flexion/extension

ROM:

Fully extend the knee (locking/hyperextension)

Fully flex the knee

MENISCAL ASSESSMENT

McMurray’s Test

McMurray test variation; C-shape force

Alternative tests: Apley’s Compression test

LIGAMENTOUS ASSESSMENT

Varus Stress Test

Valgus Stress Test

Lachman’s Test

Posterior Drawer/Sag Sign

Alternative: Apley’s distraction test

PATELLOFEMORAL PATHOLOGY

Clarke’s Test

Underside palpation (medial/lateral)

Patellar apprehension

EFFUSION

Patellar tap test

Medial Bulge Sign Test

REFERRED PAIN

Tibial palpation / percussion

Hip ROM testing

Noble Test

Ober Test

Antalgic gait? Weight bearing?

Deformity? Locking/Catching?

Septic Joint?

Crystalline arthropathy?

Concern for fracture/dislocation?

Be methodical and cover all structures.

Baker’s cyst?

Hamstring tendonitis?

Meniscal injury? Degenerative disease?

Ligamentous injury?

Patellar tendonitis? Quadriceps tendonitis?

Bursitis?

Asymmetric crepitus greater on painful side?

Suggesting patellofemoral pathology?

Hamstring, quadricep, patellar tendonitis?

Locking just before full extension? Meniscal tear?

Pain with full flexion? Posterior meniscal injury?

Limitation – joint effusion?

Meniscal injury common >60yo -> source of pain?

Point heel toward the side being tested

McMurray best assesses posterior meniscal aspects

Apley’s test can differentiate ligamentous/meniscal

Difference of 3mm laxity compared to normal side?

LCL injury?

MCL injury?

Better than anterior drawer. ACL injury? (20-30 deg)

Test if laxity on the ACL assessment. Not common.

Can help differentiate ligamentous/meniscal injury

Malalignment vs cartilage breakdown?

Patellar chondromalacia?

Patellar chondromalacia?

Patellar instability / history of dislocation?

Septic? Crystalline?

Trauma? Fracture?

Degenerative joint disease?

Consider sciatica or neurologic pain by history.

Tibial stress fracture?

Intrinsic hip pathology?

IT Band Pathology?