

Knee Exam

GLOBAL MARK			
CLEAR PASS	BORDERLINE PASS	BORDERLINE FAIL	FAIL

Criteria

Introduces Self, confirms patient identify, Washes hands,	2, 1
Offers analgesia, ensures comfort of patient	2
Offers Chaperone	
Makes sure patient is undressed to underwear	
Look Valgus (knock kneed) Varus Erythema, scars, wasting	
Feel Compares sides to check warmth Effusion Patella tap Palpates medial, and lateral joint lines separately with knee at 90 degrees flexion Popliteal Fossa	
Move Active and Passive Flexion Extension Hyperextension	
Special Tests Menisci – McMurrays, flexion and extend knee at full flexion with internal and external rotation. Thessaly test (stood up one one leg, slightly bent knee) MCL and LCL at full extension and 30deg flexion Lachmans, Anterior draw, and pivot shift test.	
Gait	
Summarises findings	
Explains further Ix or Mx	
Thanks patient.	

Tom Bircher 2019