Examination

- Look
- Feel
- Move
- X-ray
Examination

- Look
  - Whole patient (and surroundings)
  - Skin
  - Scars
  - Deformity
Examination

- Look
- Feel
  - Tenderness
    - joints, ligaments
  - Stability
  - Pulses
  - Sensation
Examination

- Look
- Feel
- Move
  - Active RoM
  - Passive Rom
  - Stand, walk, etc.
Hip Examination

- Look
  - Whole patient (and surroundings)
  - Skin
  - Scars/sinuses
- Deformity
  - Limb lengths equal?
Hip Examination

- Feel
  - Bony contours
    - ASIS/Trochanter
  - Tenderness
    - Joints, bursa
- Contracture
Hip Examination

- **Move**
  - Passive RoM
    - Abduct/adduct/flex/ext
    - IR/ER in flexion and straight
  - Stand
    - Trendelenberg test
  - Walk
    - Gait
Knee Examination

● Look
  – Whole patient (and surroundings)
  – Skin, scars, sinuses, swelling/effusion
    ● include popliteal fossa
  – Wasting of Quads
  – Deformity
    ● Varus/valgus?
Knee Examination

- Feel
  - Bony contours, effusion
  - Tenderness
    - joints, bursa,
  - Patella
Knee Examination

- Move
  - Active RoM
    - Watch patella track
  - Passive RoM
  - Stability tests
    - ACL/PCL
    - Collaterals
  - Patellar tests
Foot & Ankle Examination

- **Look**
  - Whole patient (and footwear)
  - Skin, scars, sinuses, swelling/effusion
    - include sole of foot
  - Deformity
    - Standing varus/valgus hindfoot?
Foot & Ankle Examination

- Feel
  - Bony contours
  - Tenderness
    - Bones, joints, tendons (TA, Tib post)
Foot & Ankle Examination

- **Move**
  - Active RoM
    - Include standing, tiptoes/heels/inner & outer foot, one legged stance
  - Passive RoM
    - Isolate ankle, subtalar joint, midfoot/forefoot, toes
  - Ankle Stability tests
  - Stance & Gait