Examination of the Knee

Mr Simon Tilley
General

- Inspection:
  - Standing to assess alignments of femur and tibia as well as foot position
  - Check A, P and Lat for scars, swelling or bruising
  - Observe gait
  - Lying flexed at 90° for posterior sag / prominent tibial tubercle
Palpation

- Measure quads

- Effusion tests:
  - balloting patella
  - lateral gutter stroke

- Flex to 90° and palpate joint lines, MCL, LCL

- Patella tendon best done in extension

- Posterior knee for masses
Movement

- Active vs Passive
- Flex, ext and hyperextension, SLR
Special Tests

- McMurray’s test (Meniscal pathology)
- ACL (Lachman)/PCL instability (after checking for sag)
- MCL / LCL instability
Don’t forget

- Check joints above and below
- Compare with other side
- Check distal neurovascular status