

CLINICAL EXAMINATION OF THE KNEE

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The knee is a synovial hinged joint. There are three compartments: medial, lateral and patellofemoral. The quadriceps, quadriceps tendon, patella, patellar tendon and tibial tuberosity constitute the extensor mechanism of the knee. The anterior cruciate ligament (ACL) provides primary restraint to anterior displacement of the tibia. The posterior cruciate ligament (PCL) provides posterior restraint of the tibia. The medial collateral ligament (MCL) resists valgus and Hip examination /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF external rotation forces whereas the lateral collateral ligament (LCL) resists varus forces.

Inspection of the standing patient Front - pelvic tilt, rotational deformity Side - lumbar lordosis Back - pelvic tilt, scoliosis, gluteal wasting Gait - Trendelenburg, antalgic Inspection of the supine patient Skin, scars, soft tissues, deformity Palpation of the anterior joint line, adductor origin, greater trochanter, ischial tuberosity Movements Flexion and extension Abduction and adduction Internal and external rotation Special tests Thomas's test Trendelenburg test Leg length assessment - real/apparent Impingement tests Snapping hip tests

Revision #1

Created 2025-12-31 15:14:40 UTC by Omar Ayman

Updated 2025-12-31 15:14:40 UTC by Omar Ayman