

CLINICAL EXAMINATION OF THE KNEE

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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

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