

Knee/Thigh Regional Exam

Check normal, circle & describe abnormal

Patient: _____ date: _____

Insurance: _____ (dd/mm/yr)

Date of birth: _____ M/F

CC & significant history: _____

Fracture screen (tuning fork, percussion, torsion test, 5-step test): WNL Refer for X-ray: _____

Observation: WNL

Development: good, fair, poor

Posture: _____

Skin (bruising, scars): _____

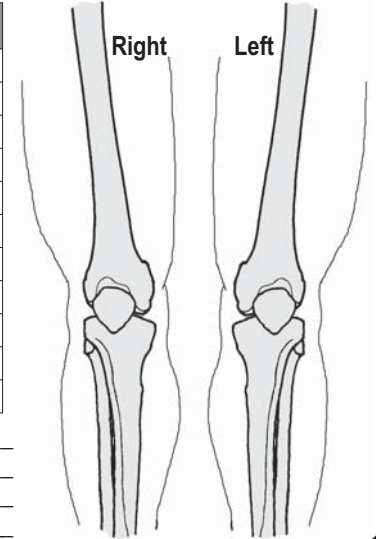
Swelling: _____

Asymmetry: _____

| Observation <input type="checkbox"/> WNL | L | R |
|--|---|---|
| Toe in / out | | |
| Arch low / high | | |
| Patella position (med, lat, ↑, ↓) | | |
| Q-angle | | |
| Genu varum / valgum | | |
| Femur rotated int. / ext. | | |
| Iliac crest height | | |
| Lumbar hyper / hypolordosis | | |
| Knee hyperextended | | |
| Leg length | | |
| Gait analysis | | |

Palpation: WNL, pain (circle), spasm (s), edema (e), fibrctic (f), MFTP (x), ache (a), tingling (t)

| Palpation | L | R | Palpation | L | R |
|-------------------------|---|---|-------------------------|---|---|
| Quadriceps | | | Saphenous vein | | |
| Patella (facets, bursa) | | | Popliteal fossa | | |
| Patellar ligament | | | Gastrocnemius heads | | |
| Tibial tuberosity | | | Baker's cyst | | |
| Retinaculum/plica | | | Lateral hamstrings | | |
| Adductor canal | | | Iliotibial band (ITB) | | |
| Pes anserine | | | Popliteus | | |
| Med. joint/meniscus | | | Lateral collateral lig. | | |
| Med. femoral condyle | | | Lateral joint/meniscus | | |
| MCL & capsule | | | Lat. femoral condyle | | |
| Medial hamstrings | | | Lat. tibial condyle | | |



Vascular Screen: WNL

| Pulses (0-4) | L | R |
|-----------------|---|---|
| Popliteal pulse | | |
| Tibial pulse | | |
| Dorsal pedal | | |
| Blanch test | | |

Orthopedic: WNL

| | L | R | | L | R |
|-------------------|---|---|--------------------|---|---|
| Ballotment/buldge | | | Varus stress 0° | | |
| Bounce home | | | Varus stress 30° | | |
| McMurray's | | | Pivot shift | | |
| Steinmann's | | | Patellar apprehen. | | |
| Anterior drawer | | | Plica tests | | |
| Posterior drawer | | | Pat-femoral grind | | |
| Slocum's | | | Clarke's test | | |
| Lachman's | | | Genu recurvatum | | |
| Ober/Renne | | | Apley compression | | |
| Valgus stress 0° | | | Apley distraction | | |
| Valgus stress 30° | | | Hyperflexion test | | |

ROM & Joint Play: WNL

Pain at end ROM: _____

Abnormal motion: _____

| ROM | Active | | Passive | |
|-------------------|--------|---|---------|---|
| | L | R | L | R |
| Flexion (150°) | | | | |
| Extension (0°) | | | | |
| Internal rotation | | | | |
| External rotation | | | | |

| Joint Play | L | R | Comments |
|-------------------|---|---|----------|
| Anterior glide | | | |
| Posterior glide | | | |
| Medial tilt | | | |
| Lateral tilt | | | |
| Patella | | | |
| Internal rotation | | | |
| External rotation | | | |
| A↔P tibia/fibula | | | |
| Superior tib/fib | | | |
| Hamstring stretch | | | |
| Quadricep stretch | | | |

Neurologic: WNL

| Sensation, <input type="checkbox"/> WNL | L | R |
|---|---|---|
| Light touch | | |
| Sharp/dull | | |

| Reflexes (0-5), <input type="checkbox"/> WNL | L | R |
|--|---|---|
| Patellar (L4) | | |
| Hamstring (L5) | | |
| Patellar (S1) | | |
| Babinski | | |

| Motor (0-5), <input type="checkbox"/> WNL | L | R |
|---|---|---|
| Med. hamstrings (L4-S1)(sciatic) | | |
| Lat. hamstrings (L4-S2)(sciatic) | | |
| Popliteus (L4-S1)(tibial) | | |
| Hip adductors (L2-L4)(obturator) | | |
| Sartorius (L2-L3)(femoral) | | |
| TFL (L4-S1)(superior gluteal) | | |
| Rectus femorus (L2-L4)(femoral) | | |
| Vastus intermed. (L2-L4)(femoral) | | |
| Vastus medialis (L2-L4)(femoral) | | |
| Vastus lateralis (L2-L4)(femoral) | | |
| other: | | |

Additional procedures: WNL

Hip exam: _____

Ankle exam: _____

Lumbosacral: _____

DDx: _____

Signature: _____

Date: _____